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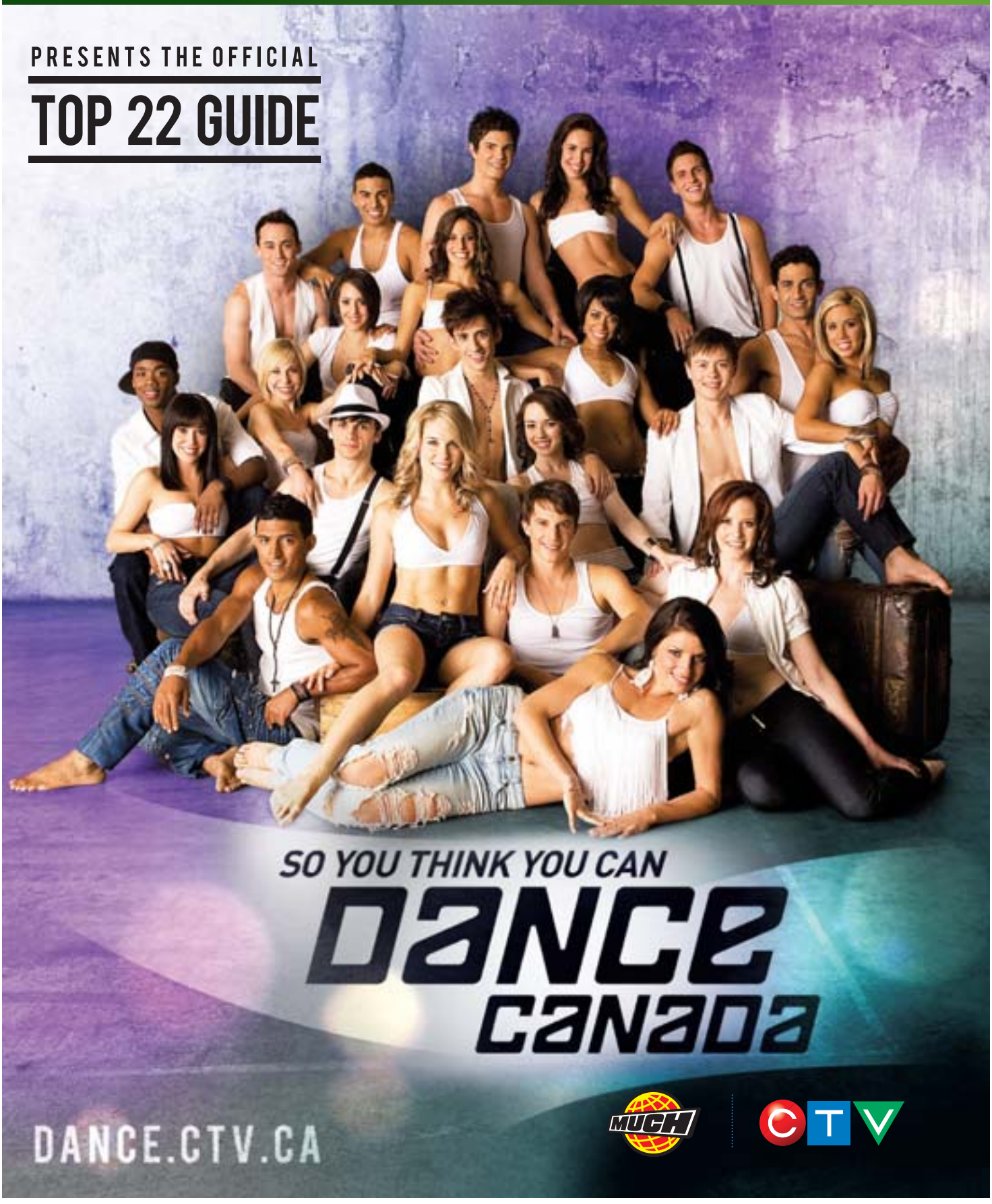
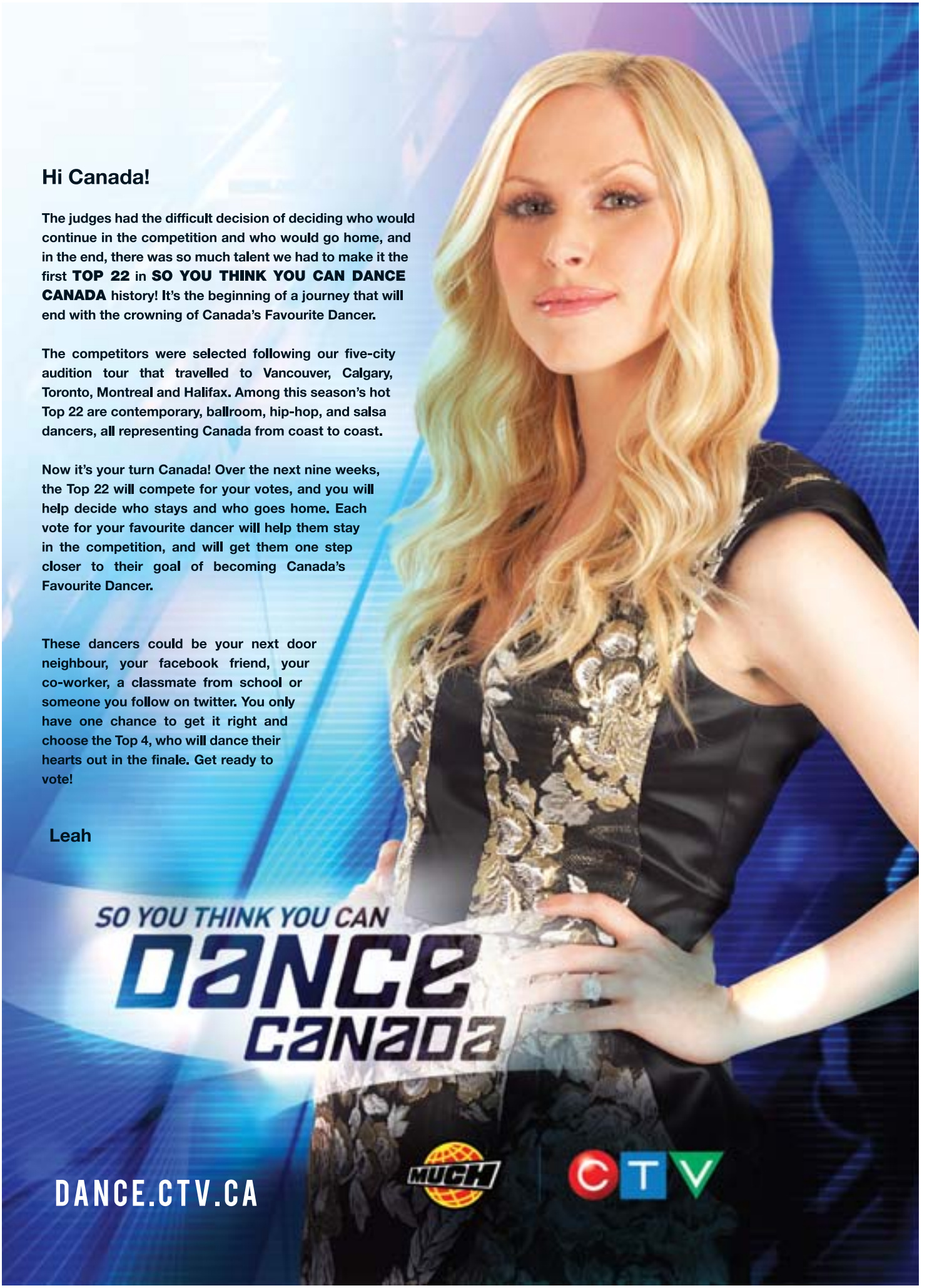
TOP 22 GUIDE




Hi Canada!
The judges had the difficult decision of deciding who would continue in the competition and who would go home, and in the end, there was so much talent we had to make it the first TOP 22 in SO YOU THINK YOU CAN DANCE CANADA history! It's the beginning of a journey that will end with the crowning of Canada's Favourite Dancer.
The competitors were selected following our five-city audition tour that travelled to Vancouver, Calgary, Toronto, Montreal and Halifax. Among this season's hot Top 22 are contemporary, ballroom, hip-hop, and salsa dancers, all representing Canada from coast to coast.
Now it's your turn Canada! Over the next nine weeks, the Top 22 will compete for your votes, and you will help decide who stays and who goes home. Each vote for your favourite dancer will help them stay in the competition, and will get them one step closer to their goal of becoming Canada's Favourite Dancer.
These dancers could be your next door neighbour, your facebook friend, your co-worker, a classmate from school or someone you follow on twitter. You only have one chance to get it right and choose the Top 4, who will dance their hearts out in the finale. Get ready to vote!
Leah
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WORKING THE GRAVEYARD SHIFT? TIPS FOR KEEPING IT ALL TOGETHER {page 27}

POP STAR HOW TO BUILD YOUR OWN SCENE {page 17}

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Music. Enrique

▶ Enrique Iglesias

JOHN R. KENNEDY/FOR METRO TORONTO

He can be your hero, Toronto

Enrique Iglesias appeared before hundreds of fans at an autograph session outside the Sears store at the Eaton Centre yesterday afternoon. The pop star was in town promoting his new album Euphoria and the fragrance Azzaro.

Better ways for the TTC?

▶ Some recommendations are low-cost and obvious, others could take longer to entrench ▶ Cost could be $15M: Panellist ▶ Workers open to change: Union head

Messages on the front of the bus telling riders it's full. Better signs in stations and collector booths. New training practices.

Those ideas and more are expected to be included in the long-awaited recommendations of the TTC's customer service advisory panel.

Slated for release today, the report will contain about 75 recommendations addressing issues ranging from the system's cleanliness to the way transit workers greet riders.

The findings, produced at minimal cost by a 10-member, all-volunteer panel, amount to a sweeping overhaul in the way the TTC views and treats passengers — what commission vice-chair Joe Mihevc calls "a cultural change."

"Torontonians will hear they've been heard," said Mihevc (Ward 21, St. Paul's).

The TTC intends to change its approach to customer service the same way it revolutionized its safety and state-of-good-repair procedures following the 1995 Russell Hill collision of two subway trains that killed three people, he said.

Some of the panel findings, including electronic payment options, are already underway.

MORE COVERAGE, PAGE 6

TORSTAR NEWS SERVICE

Ready for a courtroom blitz

Over 300 people charged in G20 set for court today {page 4}

No soggy Clay at Fenway Park

Buchholz stymies Blue Jays in rain-delayed game {page 29}

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See retailer for complete details. ***Up to $1,000 Dealer Incentive available on new 2010 Ram 1500 models (excluding 4x2 and Chassis Cab models) at participating retailers only and will be deducted from the negotiated price before taxes. See retailer for complete details. ^Canada's Best Selling Minivan and Canada's #1 Selling Crossover are based on 2009 year-to-date retail sales data. ^^Based on 2010 Dodge Grand Caravan Canada Value Package (24F) only and includes $1,250 Consumer Cash Discount, $1,999 Purchase Price applies to 2010 Dodge Journey SE Canada Value Package (22F) only and includes $8,000 Consumer Cash Discount. See participating retailer for complete details. Pricing includes freight ($1,400), air tax, tire levy and OMVIC fee. 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See participating retailer for complete details. Pricing includes freight ($1,400), air tax, tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees and taxes. †Purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and GMAC on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber Canada Value Package and SE Plus, Grand Caravan Canada Value Package and Cargo Van, Sprinter and Ram Chassis Cab. Examples: 2010 Ram 1500 Quad Cab SXT 4x4 (24A+AGR) 2010 Dodge Journey SE Canada Value Package (22F) with a Purchase Price of $24,999 $19,999 financed at 0% for 36 months equals monthly payments of $694.41/$555.52; cost of borrowing of $0 and a total obligation of $24,999/$19,999. Pricing includes freight ($1,400), air tax, tire levy and OMVIC fee. 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Weather. Soggy Sunday

▶ People with umbrellas pass the fountain yesterday in a wet and soggy St. James Park on King Street.

RENE JOHNSTON/TORSTAR NEWS SERVICE

Wet weather that washed out weekend isn't going to end yet

Environment Canada meteorologist Tony Cham said the weekend's downpour was due to a low-pressure system making its way through the lower Great Lakes area. Toronto saw the bulk of the rain, recording 61.6 millimetres in a 24-hour span, making this the wettest weekend of the summer so far. More rain is expected for today and Wednesday. Most weekends this summer have seen little to no rain with the exception of the G20 weekend in June, when 60.4 millimetres hit Toronto June 26 and 27. However, August has been relatively dry with total precipitation at 76.2 millimetres, a far cry from 144 millimetres last year.

Auto insurance rules changing

Insurance Bureau of Canada says private insurers lost $1.2 billion in Ontario's auto sector in past two years ◗ New packages aim to give consumers more choice and keep rates down

Millions of Ontario drivers will face an array of new choices when they renew their auto insurance policies because of new rules that kick in Sept. 1, but critics say the changes introduced by the Liberal government won't benefit consumers.

One key difference in the new standard auto insurance policy will be a 50 per cent cut in medical and rehabilitation benefits, to $50,000 from $100,000, and a corresponding drop in attendant care benefits, to $36,000 from $72,000.

Income replacement coverage will fall to 70 from 80 per cent of gross income, to a maximum of $400 per week. Housekeeping expenses and caregiver benefits currently available to all accident victims will be only for those with catastrophic injuries. However, consumers will be able to purchase additional levels of coverage in the same way they've been able to pay higher premiums to lower deductible levels.

Queen's University law Prof. Erik Knutsen, who specializes in insurance law, said the changes will make a bad system even worse by making it far too complex.

The changes are designed to keep a lid on rising premiums, but the opposition parties warned consumers will end up with less coverage and won't see any real drop in their auto insurance rates.

"No regular person can sort out what their coverage is and, more importantly, what it means to them."
ERIK KNUTSEN, LAW PROFESSOR

"The new product the government is putting out actually reduces coverage for Ontario families, and in some cases they're paying the same price or more for a lesser product," said Progressive Conservative Leader Tim Hudak.

The New Democrats also warn that premiums will keep rising despite the latest changes.

THE CANADIAN PRESS

U.S. fugitive who hid in GTA deported

A fugitive wanted in the U.S. for murder has been deported after being arrested in Canada.

Public Safety Minister Vic Toews says Mikhail Drachev, who had formerly lived in the Toronto area, has been removed from the country. Drachev, who was wanted for a 2001 kidnapping and murder, was turned over to U.S. authorities Aug. 15.

The Canada Border Services Agency began investigating after the program America's Most Wanted featured Drachev in 2004.

THE CANADIAN PRESS

Correction

Toronto Chinatown Festival 2010 will be held this weekend. The festival runs noon to 8 p.m. Saturday, Aug. 28, and noon to 6 p.m. Sunday, Aug. 29.

Also, the reception with dim sum and refreshments following the opening ceremony is by invitation only.

Incorrect information appeared in the Aug. 20-22 edition of Metro.

Cops seek witnesses in deadly bus mishap

Toronto police are seeking witnesses after a 17-year-old boy was struck and killed by a bus near a city beach Saturday.

Police say three pedestrians tried to cross the street as the bus was approaching a crosswalk on a green light around 10 p.m.

They say two of the people on foot turned back, but the boy was hit by the bus.

Toronto Police Sgt. Tim Burrows said there were several hundred people in the area attending a beach party at the time.

THE CANADIAN PRESS

1 news

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Guidy Mamann explains why honesty is the best policy when crossing the border. More at metronews.ca/immigration

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For Barack Obama, packing lightly for vacation is not an option.

Hundreds to appear in court on G20 charges

Cases will be spread over three rooms: Detective It's expected to take hours to get through all cases

The stage is set for a crush of people to descend upon a local courthouse today as more than 300 people charged with offences related to the G20 summit are set to appear, along with their families, supporters and lawyers for what will be a marathon session of mass appearances.

As 303 people have appeared in court to face their various charges over the past three months, they have all had their return dates set for today at the same courthouse.

It will be one of the largest mass court appearances Toronto has ever seen, according to Toronto police G20 investigator Det. Sgt. Gary Giroux.

People close to the case say it is unclear whether the cases will be processed in an assembly-line fashion, or how long they might take.

Most people have 9 a.m. appearances.

THE CANADIAN PRESS

Suspects

Those appearing today are charged with a variety of offences stemming from the summit.

- The majority of people appearing today were arrested at a protest at the Ontario legislature June 26, police said.
- A group of alleged ringleaders who are charged with conspiracy to assault and obstruct police will also appear.
- Police say the group also includes about 20 others arrested after police released photos of their "most wanted" suspects.

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ Det. Sgt. Gary Giroux, seen here in a July file photo, speaks to media in Toronto as police display pictures of a "most-wanted" list of people they allege took part in violence and vandalism during the G20 protests.

Man fatally shot in his Brampton house

Residents of a quiet suburban cul-de-sac on the northern fringe of Brampton have been left shaken after one of their neighbours was gunned down in his own home Saturday night.

Peel Regional Police were called to Wickstead Court, near Bramalea Road and Sandalwood Parkway East, at 10:44 p.m. and found the severely wounded victim, identified as Darren McLean, 23.

Emergency workers tried to revive the young man, but he was subsequently declared dead.

"It was a family member who found the victim," said Const. Adam Minnion.

"I can't really get into the actual relationship of the family member, but they are the ones who phoned us."

There is no word on whether the family member was in the home when McLean was shot.

RICK MADONIK/TORSTAR NEWS SERVICE

▶ A woman stands on the porch of the house next door to 33 Wickstead Court, the scene where Darren McLean, 23, was shot and killed Saturday night in Brampton.

Police sealed off the crime scene and surrounding homes yesterday as members of the homicide bureau conducted their investigation.

Homicide investigators are looking for anyone who might have information about the murder, Peel's fifth of the year.

Anyone with information is asked to call the homicide bureau at 905-453-2121, ext. 3205.

TORSTAR NEWS SERVICE

Neighbour

- One neighbour, who asked that her name not be used, said she had stepped out on her porch around 10:30 p.m. to have a cigarette when she heard two loud pops that sounded like gunshots.
- "I thought maybe I was going crazy," she said.
- Gunshots and violence, she added, are unheard of in the area.

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Divisions linger for Green party

Green party Leader Elizabeth May touted her party's unity and suggested the grassroots were behind her at the party's convention Saturday at the Metro Toronto Convention Centre, but lingering dissent remained visible among some delegates.

Two leadership motions were among the items that delegates were to spend the weekend debating, even after party members rubber-stamped a pre-convention motion that would keep May as leader until after the next election.

RICK MADONIK/TORSTAR NEWS SERVICE

▶ Elizabeth May

May received an 85 per cent approval in a motion to endorse her leadership.

The rumblings of discontent appeared to be coming from a faction headed by Sylvie Lemieux, who said she would like the party to be more bold.

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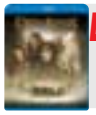

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‘Get a grip,’ Smitherman urges TTC councillors

Mayoral hopeful says new visitors’ centre shouldn’t be topping the list of transit commission’s priorities

RICK EGLINTON/TORSTAR NEWS SERVICE

▶ George Smitherman

Mayoral candidate George Smitherman wants councillors on the Toronto Transit Commission to “get a grip on reality,” and scrap plans for a transit museum and a new headquarters at York Mills Road and Yonge Street.

Today, the TTC is expected to approve a plan to set up a non-profit board that would raise funds for a 1,735-square-metre transit interpretive centre. The museum would probably be housed in the TTC’s proposed new York Mills headquarters, also expected to be approved today.

Transit commissioners are expected to approve a further $238,000 for consulting and engineering work, to look at other potential sites such as an old bus garage on Danforth Avenue that has since been deemed unsuitable.

“The priorities I hear about are state-of-good repair and disgusting state of cleanliness and inconsistency in terms of the attitudes that are coming back from staff,” he said.

“Rather than blowing our brains out on a study for a museum, maybe they should keep those dollars in abeyance as part of the response to the (customer service) panel’s work.”

$85,000
The amount the TTC has already spent to get a consultant’s advice on how to set up the museum.

TORSTAR NEWS SERVICE

CNE. Rainy day

▶ Colin Murphy, right, 11, and his brother Cameron, 9, ride on an empty swing set on a rainy Sunday afternoon at the Canadian National Exhibition.

ROGER CULLMAN/FOR METRO TORONTO

Getting into the swing of things

McGuinty

- **Surprise move** Premier Dalton McGuinty previously dismissed the contact sport, saying it wasn’t a priority for Ontario families.
- **Speculation** The flip-flop, as well as the Liberals’ recent blessing to online gambling, has raised questions about whether McGuinty will hold on to his “Premier Dad” image.
- **Explanation** McGuinty says he reversed course on MMA because the economy is now on the mend and his government could focus on other priorities.

Ontario watchdog asked to probe MMA lobbying

Ontario’s integrity watchdog is being asked to investigate the possibility that illegal lobbying may have played a role in convincing the governing Liberals to allow mixed martial arts in the province.

The New Democrats made the request Friday following reports that individuals are lobbying the Liberal government without registering — a violation of provincial laws.

Those reports suggest that former premier David Peterson may have lobbied the government on behalf of Ultimate Fighting Championship, the party said.

Peterson has denied he did any lobbying, but NDP justice critic Peter Kormos said Ontario’s integrity commissioner should investigate. In a letter to commissioner Lynn Morrison, Kormos urged her to find out whether illegal lobbying activities are taking place. THE CANADIAN PRESS

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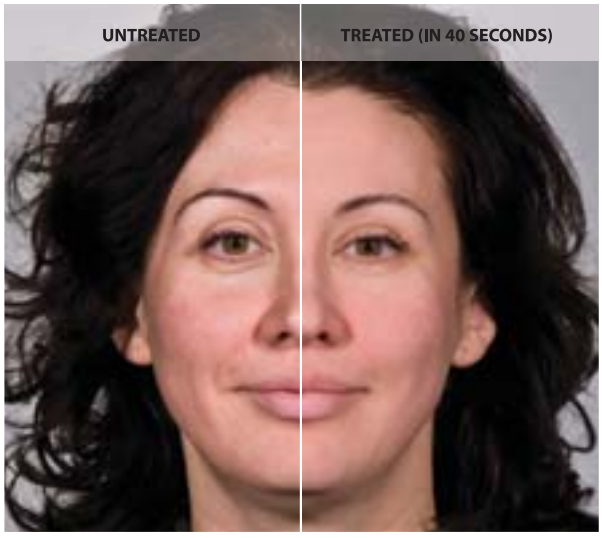

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Road accidents rock Ontario community

Napanee mayor says his community is shaken and rallying together to console the victim's family

A cruel stroke of fate hit the Napanee fire department twice this weekend as two separate crashes left one woman dead and 12 others injured, four of them firefighters already recovering from injuries sustained the night before.

Five firefighters from Napanee were first injured in a crash Saturday night on Highway 401 near London as they travelled home from a competition in Windsor, officials from the eastern Ontario municipality said yesterday.

Their families — as well as the Napanee fire chief and a city councillor — had then gone to visit them in hospital Saturday.

The entire group of 12 passengers and a driver was returning home on a chartered bus yesterday morning when the vehicle went airborne and rolled into a ditch on Highway 401 near Woodstock, police said.

"We're not very big in population but we're big in heart and we know one another very well through the community."
GORDON SCHERMERHORN, MAYOR OF NAPANEE

The woman who died in the bus crash was a relative of one of the firefighters, said Napanee spokeswoman Rebecca Murphy.

There were serious injuries among some of the 12 crash survivors and all were taken to hospital either by ground or air ambulances.

The group from Napanee was originally headed to Woodstock to participate in a regional round of FireFit, an annual firefighter competition.

Only one firefighter from the original group and his wife were not on the bus as he remained in hospital.

Part of Highway 401 near Highway 403 was closed in the aftermath of the 6 a.m. crash.
THE CANADIAN PRESS

Only. In the U.K.

If it's a backward race, wouldn't the last person come in first?
JON SUPER/THE ASSOCIATED PRESS

Put one foot behind the other

Competitors take part yesterday in the first U.K. Backward Running Championships at Heaton Park in Manchester, England. Thirty-five entrants competed over a one-mile circuit won by Garret Doherty of the Republic of Ireland in a time of six minutes 30 seconds.

500M Two Iowa farms recalled more than a half-billion eggs that were linked to as many as 1,300 cases of salmonella poisoning.

Link in egg recalls

The two Iowa farms that were involved in a massive egg recall share suppliers of chickens and feed as well as ties to an Iowa business routinely cited for violating state and federal law. THE ASSOCIATED PRESS

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Pledges top $800M for Pakistan relief

At least six million people made homeless in flooding ◗ Twenty million people affected overall ◗ Around 1,500 people killed in disaster

AARON FAVILA/THE ASSOCIATED PRESS

A woman holds her baby and a line as she crosses a temporary bridge in Kasba Gujrat in Punjab, Pakistan, over the weekend.

The floods

- The floods began in late July in the northwest after exceptionally heavy monsoon rains, expanding rivers that have since swamped eastern Punjab province and Sindh province in the south.
- The deluge has affected about one-fifth of Pakistan's territory, straining the civilian government as it also struggles against al-Qaida and Taliban violence.
- Aid flowed relatively slowly to Pakistan in the first weeks of the crisis, apparently in part because many countries were unaware of the vast scope of the damage.

The world has given or pledged more than $800 million to help Pakistan cope with massive floods, the country's foreign minister said yesterday, as a surging river in the south led authorities to urge thousands more people to evacuate.

Pakistan is grateful for the international assistance, which came after the United Nations appealed for $460 million in aid for the deluged country, Foreign Minister Shah Mahmood Qureshi said. "When the West and Europe and America are going through a recession ... this kind of solidarity for Pakistan is very encouraging." THE ASSOCIATED PRESS

Canada helps

FEDS OFFER NEW FUNDS

JOHN BAIRD
GOVERNMENT HOUSE LEADER

THE CANADIAN PRESS

The federal government moved yesterday to kickstart Pakistan flood relief efforts by offering to match private donations, dollar for dollar.

Donations for flood aid made between Aug. 2 and Sept. 12 will be matched by federal money with no upper limit, Government House leader John Baird said.

The government has set up the Pakistan Floods Relief Fund to handle the aid, and it will be administered through the Canadian International Development Agency.
THE CANADIAN PRESS

New law not enough: Ex-RCMP watchdog

THE CANADIAN PRESS

Paul Kennedy, former chairman of the RCMP watchdog.

New legislation still does not give the RCMP watchdog the bite it needs to fully investigate scandals such as the Maher Arar affair, says the organization's former chairman.

A long-awaited bill intended to modernize the Commission for Public Complaints Against the RCMP gives the top Mountie and Public Safety minister too much room to meddle in sensitive probes, Paul Kennedy said.

Bill C-38, tabled in June, would give the complaints commissioner only limited access to the information he needs to see, said Kennedy, chairman of the body for four years.

"With the current legislation, you wouldn't get through the door. The door is barred," he said. "Now, you get through to the extent that the commissioner wants to let you through."

The current watchdog is widely seen as wanting because it lacks complete access to RCMP files and the power to review or audit the force's programs and policies. THE CANADIAN PRESS

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Grow-op bears have fans

The plight of a group of bears discovered by police raiding a southern B.C. marijuana grow-op has people growling across the world.

Upwards of 15 bears were found happily roaming the property in the community of Christina Lake with their tummies full of human-provided dog-food.

The provincial environment ministry has said if the animals can't learn to find food in the wild now that the treats are gone, they'll have to be exterminated.

That caught the attention of a Calgary woman who has started an Facebook group and online petition titled "Save Bears Found in Drug Bust." It has garnered more than 700 signatures.

THE CANADIAN PRESS

Quake crashed federal info site

▶ This church in Gracefield, Que., had some of the worst damage in June's earthquake.

▶ It took four hours to get the site working again ▶ U.S. site helped

The June earthquake that shook parts of Quebec and Ontario rattled more than just the ground.

Within minutes of the 5.0-magnitude quake, people were furiously posting accounts on social media sites like Twitter, but official information was impossible to access online.

Natural Resources Canada's earthquake information site was paralysed by demand, documents released under Access to Information show.

The agency was so overwhelmed with people trying to access the site that it had to enlist the help of the U.S. Geological Survey to get the information out to Canadians.

The crash sent staffers scrambling for more than two hours to find a temporary solution and it took four hours before the whole site was back in full working order.

An estimated 20 million people in Ontario, Quebec and the U.S. felt the quake, but there were only reports of minor property damage.

"Everybody's computers were just running as normal so ... it became almost a perfect storm of demand."

DAVID MCCORMACK, CANADIAN HAZARDS INFORMATION SYSTEMS

But in terms of its timing, lack of major damage and the area it affected, the quake was the worst-case scenario for website managers, said David McCormack, program manager for Canadian Hazards Information Systems. It happened in the middle of a workday and was felt in several major cities.

The agency is exploring a better long-term solution.

THE CANADIAN PRESS

33 gold miners found alive

All 33 Chilean miners trapped deep underground for 17 days were found alive yesterday, Chile's president confirmed.

A probe sent some 688 metres deep into the collapsed mine early in the morning came back with a handwritten note: "All 33 of us are fine in the shelter."

President Sebastian Pinera joined authorities and family members in congratulations and hugs. "We are overjoyed at the news," said Pinera.

17 The number of days the miners had been trapped when they made contact with rescuers yesterday.

Pinera travelled to the site after contact was made with the shelter.

Rescuers say it could take four months to get the miners out. But they will lower water, food, oxygen and sound and video equipment through another probe in the meantime.

THE ASSOCIATED PRESS

3 injured in crash near Sarnia

A 32-year-old Sarnia woman and two girls, 10 and 7, are in critical condition after two cars collided on Highway 402 east of Sarnia around 8 p.m. Saturday night. Police say one car allegedly rear-ended another, then spun out of control, slamming into a tree. THE CANADIAN PRESS

Airport food going upmarket

Forget about greasy french fries, soggy pizza or that sandwich that's been sitting out for hours. Filet mignon, crispy duck confit and crab cakes are taking off at the airport. THE ASSOCIATED PRESS

Scan for the story

Worries

80 The percentage of those surveyed who said they were concerned the quality of health care will decline due to strain on the system caused by aging baby boomers.

79 Percentage who worry the system won't offer the same level of coverage in future.

Health care's future a concern

The vast majority of Canadians fear for the future of health care, concerned over the potential for declining quality and rising costs of services to support an aging baby-boomer population, according to a new report.

In its annual report card on health care, the Canadian Medical Association had pollster Ipsos Reid gather public opinion about Canadians' perceptions and expectations of long-term health and health- care needs.

Along with concerns over quality of care, Canadians are worried about footing the bill for increasingly costly health-care services, both for themselves and aging boomers.

More than three-quarters worry they'll have to pay additional taxes to support the system. Roughly the same proportion fear they won't have enough money to maintain their own health as they age, topping concerns over being able to afford retirement (68 per cent) and losing a job (38 per cent).

THE CANADIAN PRESS

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▶ An Afghan policeman stands guard on a military vehicle yesterday in Kabul, Afghanistan.

NATO's Afghan plea was turned down by Tories

Requests keep coming despite Canada's plans to withdraw from country U.S. questions deployments

Canada turned down a direct plea from NATO to send more troops into southern Afghanistan in the run-up to last year's Afghan presidential election, federal documents say.

It was among the most specific requests Ottawa has received over the years and provides a keen illustration of the pitfalls the Conservative government faces both at home and abroad as it slowly untangles the country from the costly war.

A briefing note prepared for Defence Minister

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Peter MacKay

Peter MacKay showed that both NATO and the U.S. expected Canada to ante up the extra troops needed to secure Kandahar from an anticipated wave of Taliban violence prior to the vote.

The plea was turned down cold.

There was a hint of exasperation in the comments category of the note, suggesting that the allies seem oblivious to both the strain that four years of fighting has placed on Canada's small army and the bruising political debate that has battered the minority government.

THE CANADIAN PRESS

Treaty wouldn't affect women's rights: Karzai

President Hamid Karzai gave assurances yesterday that the rights of Afghan women will not be sacrificed in pursuit of a peace deal with the Taliban.

In an interview with ABC News' This Week with Christiane Amanpour, Karzai also pledged to vigorously fight corruption and allow two Western-backed investigative teams to pursue corruption cases without political interference — even if they go after his friends and allies.

U.S. Senator John Kerry warned Karzai this month he was risking the loss of congressional support if he did not take significant steps to stamp out the bribery, favouritism and graft that have eroded trust in his government at a critical phase in the war.

Karzai said he was willing to talk peace with Taliban figures who break with al-Qaida and other terrorist groups — a key U.S. condition — and accept the Afghan constitution. He said there had already been "individual contacts with some Taliban elements" but not formal negotiations.

MUSADEQ SADEQ/THE ASSOCIATED PRESS

▶ Hamid Karzai

THE ASSOCIATED PRESS

Concerns

- Karzai acknowledged fears among Afghan women's groups and ethnic minorities that their political, economic and social gains might be eroded under a future peace agreement with the Taliban.
- Concerns were heightened last week when Taliban militants in northern Afghanistan stoned a young couple to death for adultery.
- Karzai also promised the two anti-corruption task forces — the Major Crimes Task Force and the Sensitive Investigative Unit — would be allowed to conduct corruption probes of high-level government officials regardless of their political connections.

Manhole covers missing

London police are asking the public for tips that could help them track down whoever is stealing city manhole covers, leaving gaping holes in roads in their place. Officers say more than two dozen manhole covers have been stolen in just over a month. Some 24 of the covers were stolen in the areas around Green Valley Road, Global Drive, Cheese Factory Road, and Max Brose Drive beginning July 7. Police say the thefts create a safety issue for pedestrians and drivers.

THE CANADIAN PRESS

Niagara area sees sixth fire

The Ontario Fire Marshal is investigating the sixth suspicious blaze in the Niagara region in the span of less than a month.

The latest was a fire on Bowen Road in Fort Erie Saturday.

Damage from the Fort Erie fire is estimated at $250,000.

The first fire happened Aug. 4 on Oakwood Avenue in St. Catharines.

An elderly woman perished in the St. Catharines fire and her death has since been deemed a homicide.

THE CANADIAN PRESS

Wild pig wrestling cancelled

A pig wrestling competition at a county fair in northern Montana has been cancelled after the animals eluded fair officials trying to round them up for the event.

The wild pigs spend the year on a 10-mile free-range property and about 30 are captured the Friday of the scheduled event.

But this year, fair officials were only able to locate one boar. The event was postponed until Saturday, but neither the landowner nor fair officials could locate the absent pigs. THE ASSOCIATED PRESS

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Contest participants will have a chance to win 1 $10,000 IKEA gift card or 1 of 15 $500 IKEA gift cards. Skill testing question required. For complete contest details please visit CapturePage.ca. © Inter IKEA Systems B.V. 2010.

Investors may shift focus to big banks

U.S. economic growth expected to be revised to less than two per cent, down from 2.4 per cent ● Europe posted growth of nearly four per cent

Banking sector

Four of the big Canadian banks report fiscal third-quarter results this week.

- **The five big financials** raked in $5.01 billion in second-quarter profits — down from $5.09 billion in the first quarter — and analysts think they will be hard-pressed to turn in similar earnings this time.
- **Investors** will particularly view results from TD Bank and Royal Bank, which have the biggest exposure to the faltering U.S. economy.
- **Banks** could see their revenue hit by slower growth in mortgage lending, reflecting a sharp slowdown in the Canadian real estate market.

Investors will find few reasons to send stock markets higher this week as U.S. economic growth data will likely serve as a reminder of how conditions in the world's biggest economy are deteriorating.

There are high hopes from a slew of earnings coming from the big Canadian banks. But while they're expected to hand in solid numbers, it could be a stretch for them to improve or even meet the results from the previous two quarters.

North American markets put in a mixed performance last week. The TSX gained 1.68 per cent but that was largely on the back of the resource sector as PotashCorp shares surged in the wake of a $38.6-billion US hostile takeover bid by Australian resource giant BHP Billiton. The base metals sector gained 1.74 per cent on hopes that other companies could be ripe for a takeover with a fat share price premium.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
11,722.07 (Friday)	95.35¢ (Friday)	$73.46 US (Friday)	$4.117 (Friday)
			Gold contracts $1,228.80 (Friday)

PRESS STAFF FILE PHOTO

But overall sentiment was weak and the Dow Jones industrials fell 0.86 per cent as economic data Thursday, particularly a rise in jobless insurance claims, deepened the belief the American economic recovery is faltering.

Investors will get their best take on the U.S. economy Friday when the government makes its first revision to second-quarter gross domestic product growth. The initial report assessed growth coming in at an annual rate of 2.4 per cent and this new look will likely disappoint.

THE CANADIAN PRESS

HENNY RAY ABRAMS/THE ASSOCIATED PRESS

▶ Traders work at the New York Stock Exchange last week. Stock futures fell as investors continued a sell-off Friday over worries about the pace of economic recovery.

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Back-to-school buyers wait for stores to blink

Victoria Keith, a budget-minded mom in Brantford, has already dropped more than $200 on back-to-school shopping — and that's only for one of her two school-aged children.

And while her kids would love to show off an entirely new back-to-school wardrobe, Keith feels the current economic uncertainty means it is no time to splurge.

Back-to-school shopping comes this year just as signs point to a slowing economy and reduced consumer spending.

Retailers have slashed prices on everything from lined paper and markers for elementary students to small appliances for university dorm rooms as they try to lure consumers into their shops. But many Canadians are delaying their back-to-school purchases in hopes that stores will slash prices further, said Daniel Baer, a retail and wholesale industry expert at Ernst and Young. He estimates back-to-school sales this year will increase four or five per cent from last year, but points out 2009 sales were weak compared with prior years.

Consumer sentiment has turned negative in recent months amidst a spate of dismal economic news, including headlines pondering whether the economy is headed for a double dip recession and still high unemployment rates, both of which have sharpened consumer resistance to spend, he said.

THE CANADIAN PRESS

DANNY JOHNSTON/THE CANADIAN PRESS/AP

▶ Consumer sentiment has turned negative in recent months amidst a spate of dismal economic news.

Retailers unlikely to panic?

While retailers will be challenged, they likely won't fare as badly as economic data suggests.

A delayed back-to-school period this year — Labour Day isn't until Sept. 6 — could make August sales seem weak as consumers wait for greater markdowns. But consumers may be waiting for dramatic clearances in vain, says retail analyst Robert Cavallo.

THE CANADIAN PRESS

"You're going to see a strong promotional environment but I don't think you're going to see drastic markdowns to drive sales ..."

ROBERT CAVALLO, RETAIL ANALYST

INFLATION

HST takes blame for price rise

New harmonized sales taxes introduced in Ontario and British Columbia last month, and Nova Scotia bumping up its HST by two percentage points, pushed up Canada's inflation rate last month — but the increase was still softer than what many economists had forecast.

Canada's annual inflation rate rose by eight-tenths of a point in July to 1.8 per cent. Month-to-month, the consumer price index rose half a percentage point.

Statistics Canada says the HST accounted for about 1.3 per cent of Ontario's 2.9 per cent year-over-year increase.

The biggest increases were in energy prices, which were up 7.9 per cent from a year earlier. Only clothing and footwear were lower in July.

THE CANADIAN PRESS

Saudi picks Chevron's ex-boss

Saudi Arabia's King Abdullah has appointed Chevron Corp.'s former chairman David O'Reilly as he named a new board for Saudi Aramco, the kingdom's state-run oil giant. The company's president, Khalid Al Falih, remains Aramco's chief executive.

THE ASSOCIATED PRESS

Glitch grounds flights

Officials say a breakdown in the communications system linking Greek airports prevented flights from taking off for 2½ hours at all airports starting at 8:30 a.m. yesterday.

Athens International Airport says flights resumed around 11 a.m. The cause is unknown.

THE ASSOCIATED PRESS

Banks to benefit from shrinking safety net

DAVID COOPER/TORSTAR NEWS SERVICE

▶ With lending growth slowing, competitive pressures have intensified as the same lenders chase fewer borrowers, leading to more competitive pricing that can weigh on margins, says CIBC World Markets analyst Robert Sedran.

Slower lending, competition to offset higher interest rates revenue

Canada's big banks are expected to benefit from lower provisions for bad loans when they begin to release their financial results this week, but weak capital markets revenue is expected to weigh on profits.

CIBC World Markets analyst Robert Sedran expects the banks to report an average of 2.1 per cent growth in earnings in their third quarter, compared to a year earlier.

The primary driver of this growth will be shrinking loan-loss provisions, which Sedran predicted will fall a hefty 27 per cent from the third quarter of 2009.

Loan-loss provisions protect banks against bad loans, such as when customers default on their mortgages. These soared during the recession as fewer consumers were able to make their payments on time.

"Although economic indicators suggest that the recovery ... has slowed, credit quality continues to improve as economic conditions, though challenged, have largely stabilized."

JOHN AIKEN,
BARCLAYS CAPITAL ANALYST

Shrinking provisions for bad loans indicate the economy has improved dramatically from the same period in 2009, when it was just beginning to bounce back.

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NOT JUST ANOTHER QUICK-FIX PROGRAM

Urban Compass

CAROLYN MORRIS

Akwete Tynes rummages through a drawer of spare bike parts. Warm but soft-spoken, the 17-year-old from Regent Park wears her long black hair in dreads, tied back loosely.

She finds two matching brake arms from the heap of metal, rubber and wire, and shows them to the bike mechanic.

"You got a set now?" he asks. She nods and takes them over to her mauve bike frame, mounted on a repair stand. It has shocks above the front wheel, and curved handlebars, but no back wheel, brakes, pedals or seats.

She's at a session of Charlie's Freewheels, a six-week program where youth from Regent Park get an old bike, strip it of its parts, paint it and put it back together. By the end, they will likely know more about bike mechanics than most of the city's cyclists.

Inspired by Charlie Prinsep, a bike aficionado who was hit and killed while cycling across the country in 2007 at 23 years old, Charlie's Freewheels is in its second year.

"We wanted to do something for him," says Emma McIlveen-Brown, a thin, energetic brunette who had been a close friend of Prinsep. She joined forces with other friends of his to create the program.

"She's at a session of Charlie's Freewheels, a six-week program where youth from Regent Park get an old bike, strip it of its parts, paint it and put it back together."

Sessions take place at Bike Pirates, a volunteer-run bike repair workspace in the Junction, where, today, Tynes and five other youth are busy gathering spare parts and following instructions from the volunteer bike mechanic. At a kitchen in the back, McIlveen-Brown and another volunteer bake cookies for experimental ice cream sandwiches.

Tynes found out about Charlie's Freewheels through Pathways to Education, a tutoring and support program in Regent Park.

"I like things that are hands-on," she tells me when I ask why she applied. She studies at a technical high school and plays bass guitar in her family's funk band.

But the main reason? "You get a free bike!"

Her last bike was stolen, but she will be bringing this one up to the family's apartment at night. Plus, the program provides a free lock and helmet. She will also be able to repair it, although she's not sure if she has all the tools at home.

That could soon change. Some graduates of the program are hoping to open a bike shop in Regent Park. They have the skills to fix bikes, the need for business opportunities and the desire to attract more people to their community.

Cartoon

MICHAEL DE ADDER

On the edge of your seat

Letters & Tweets

We asked: What's your all-time favourite action movie?

TORONTO. My favourite action movie is Aliens, hands down. James Cameron crafted a suspenseful and action-packed movie that has characters whose names you can still remember. A total masterpiece that blends horror, action and science fiction.
STEVE WHALLS

OTTAWA. It would have to be the original Predator movie from 1987. Anything that has Arnie (Schwarzenegger) in it I'm there. So, yes, I will be seeing The Expendables.
FRANCINE PREVOST

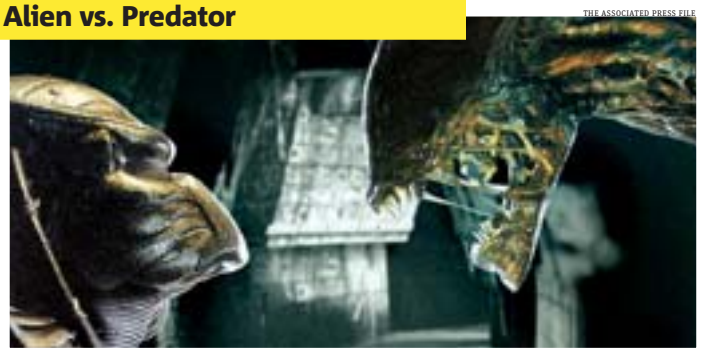
CALGARY. (Green party Leader Elizabeth) May recently made comments regarding her perception that democracy is changing for the worse here in Canada.

I would have to argue that May herself seems to have a distorted view of democracy. During the last election she stomped her feet and had a hissy fit over not being allowed to take part in the leader's debate. Yet, her party has never won a single seat in Parliament.

Is this the kind of person Canadians want to represent them on the world stage?
IAN DUMMIGAN

Alien vs. Predator

THE ASSOCIATED PRESS FILE



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Metro Minute with youth jazz musicians

We're used to ignoring the sounds made by teenagers, but here's one time when you're going to want to sit down and take a real good listen.

Youth Jazz in the City is a joint venture between the Humber College Music School and the Beaches Jazz Festival Initiative Program designed to create opportunities for talented young jazz musicians between the ages of 14 to 18 to rehearse, perform and study with the top pros in Canada.

Tonight, make a date to check out the fruits of their glorious labour in a special presentation at Chalker's Pub Billiards & Bistro beginning at 5:30 p.m.
JORDANA DIVON

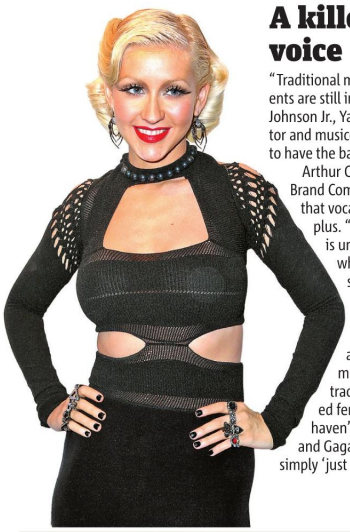
CONTRIBUTED

▶ See these talented teens at play tonight when they perform at Chalker's Pub Billiards & Bistro, 247 Marlee Ave.

How to build a pop star

With Katy Perry's latest album, Teenage Dream, about to drop, we dissect what makes these glittery pop stars tick — and bring in the big bucks

Thank Gaga for the new crop of alien rave rejects



A killer voice

"Traditional musical talents are still important," says Billy Johnson Jr., Yahoo! Music senior editor and musicologist. "An artist needs to have the basic foundation."

Arthur Gallego of Gallego & Co. Brand Communications argues that vocal distinctiveness is a plus. "Katy Perry's voice is unmistakable, whether she's singing solo or a featured artist on another musician's track," he says. "The talented female pop singers who haven't done as well as Perry and Gaga are the ones who are simply 'just good singers.'"

A catchy song

Yes, the music must be good in order for a pop star to be successful. "Katy Perry came on the pop scene with a song that was really catchy, and the lyrics are risque without actually being subversive," says Kirthana Ramisetti, managing editor of Predicto.com. "Once you go from there, the songs can be good but they don't have to be great."

A good story

"Today's younger demographic really feasts off the ability to get a peek into their favourite artist's personal life," says Brad Sheehan, intellectual property specialist and client manager at Davie Brown Entertainment.

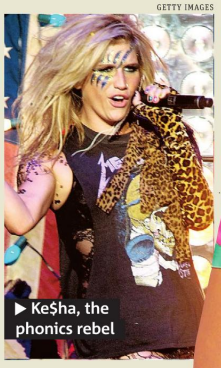
Access to an artist, especially through Twitter, gives people a story to follow. "Christina Aguilera has an amazing voice, but no one really knows much about her lately and I think that's why her album suffered," he says.

Good girls are boring

"The pop stars in the '90s got by just with catchy pop songs, even if they didn't have a fully formed pop persona," says Ramisetti. "Stars like Mandy Moore and Jessica Simpson, they got by because they were cute blondes like Britney Spears."

Gallego adds that a brand is essential now. "An artist like Celine Dion, if she had just burst onto the scene two years ago, would not have been as successful today as she was in the '90s, packaged the same way."

GETTY IMAGES



▶ Ke$ha, the phonics rebel

One step ahead

"If a pop star is going to remain timeless, they have to create trends," says Barnett. "If someone is simply doing what everyone else is doing, they're not going to be at the forefront in the media."

GETTY IMAGES

▶ Gaga's look caught on — somehow.

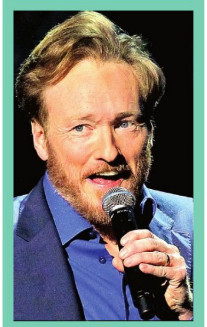
The look

Gaga is leading the masses with her otherwordly fashions, which seem to have become a requirement of the most mainstream pop stars. "What Lady Gaga is doing is getting so much attention that it's put a shadow on the rest of the pop world," says Tyler Barnett of Tyler Barnett Public Relations. "When you've got her running around in absurd, ridiculous outfits, how do you outfreak that?"

HEIDI PATALANO
heidi.patalano@metro.us

2 scene

In brief



Sirius XM satellite radio will debut a spoken-word recording by Conan O'Brien. And They Call Me Mad? will play at noon ET today as part of Sirius XM's Raw Dog Comedy Channel.
THE ASSOCIATED PRESS

Sylvester Stallone's The Expendables topped the North American box office for a second straight week with $16.5 million US in ticket sales. Twilight spoof Vampires Suck and the Julia Roberts drama Eat Pray Love tied for the second spot.
THE ASSOCIATED PRESS

Lawyer who tried to block Harry Potter movies faces hearing

White adds to her glory year

Actress picks up Creative Arts Emmy for Saturday Night Live hosting gig Awards ceremony honours technical and other achievements

THE ASSOCIATED PRESS

White wins her fifth prime-time Emmy.

The Betty White phenomenon keeps getting bigger.

White won an Emmy Award for best guest actress in a comedy series for her turn as Saturday Night Live host. The honour came Saturday at the creative arts ceremony that is precursor to the main Aug. 29 Emmy show.

The trophy is the fifth prime-time Emmy received by the 88-year-old White, according to the TV academy. Her previous honours came for classic sitcoms including The Mary Tyler Moore Show and The Golden Girls.

So far this year, besides the SNL gig, White made a splash with the TV Land sitcom Hot in Cleveland, scored with a clever Super Bowl commercial and played a mad librarian on ABC's sitcom The Middle.

She did not attend Saturday's ceremony, which included presenters Jane Lynch of Glee, Elizabeth Mitchell of Lost and Christina Hendricks of Mad Men.

Neil Patrick Harris was a presenter and winner, taking the trophy for best guest actor in a comedy series for his appearance on Glee. The guest acting trophies for drama series went to John Lithgow for Dexter and Ann-Margret for Law & Order: Special Victims Unit.

The top network winner was HBO with 17 trophies, followed by ABC with 15 and Fox with nine. CBS, NBC and PBS each claimed seven. Other big winners were freshman sitcom Modern Family, Saturday Night Live and The 25th Anniversary Rock And Roll Hall of Fame Concert.

The creative arts ceremony will air Friday on the E! channel. Next Sunday's 62nd annual prime-time Emmy ceremony, with Jimmy Fallon as host, will air live on NBC.

THE ASSOCIATED PRESS

Award winners

- **Reality** Jamie Oliver's Food Revolution, ABC
- **Choreograhy** So You Think You Can Dance, Fox
- **Commercial** The Man Your Man Could Smell Like: Old Spice Body Wash
- **Voice-over:** Anne Hathaway, The Simpsons, Fox

COLBERT HONOURS RETURN OF TROOPS

Stephen Colbert is dusting off his camouflage suit. The comedian will broadcast two special episodes of Comedy Central's The Colbert Report to celebrate the end of combat operations in Iraq and to honour returning troops.

On Sept. 8 and 9, the show will fill its audience with Iraq War veterans and active duty service men and women. Others will be beamed in via satellite from Iraq, Afghanistan and the Walter Reed Army Medical Center in Washington, D.C.

THE ASSOCIATED PRESS

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QUESTIONS

1) If you could dance with any person living or dead, who would that be?

2) What is your pre-audition or performance good luck ritual?

3) What is your favourite movie-musical?

4) What lengths would you go to to win this competition?

5) Are you on team Benji Schwimmer or Lacey Schwimmer?

CONTEMPORARY
MISSISSAUGA, ON

AMANDA CLEGHORN, 19

1) Jennifer Lopez
2) I try to focus and drain out everything happening around me
3) Grease 4) I'd never go on Facebook ever again!! 5) Team Lacey

BREE WASYLENKO, 22

1) Jillian Meyers
2) I close my eyes and take deep breaths for 30 – 60 seconds
3) Moulin Rouge 4) To infinity, and beyond! 5) Team Lacey

CONTEMPORARY
TORONTO, ON

CONTEMPORARY JAZZ
ABBOTSFORD, BC

CHARLENE HART, 24

1) Bob Fosse
2) I love my warm up time 3) Rent
4) It would go to every length to win this competition 5) Team Lacey

CLAUDIA PRIMEAU, 26

1) Janet Jackson
2) I have to wear all my rings!
3) Grease 4) I'll walk to Australia and back! 5) Team Lacey

BALLROOM
MONTREAL, QC

CONTEMPORARY
SURREY, BC

DANIELLE GARDNER, 21

1) Derek Hough or my Grandpa
2) I never shave my legs the night before a performance 3) Moulin Rouge
4) I'm dedicated to putting every ounce of energy, effort and enthusiasm into my success in this competition 5) Team Lacey

DENYS DROZDYUK, 25

1) Mikhail Baryshnikov
2) I always have to go through the same warm up 3) Moulin Rouge
4) As long as nobody gets emotionally or physically hurt, everything is allowed! 5) I have absolutely no idea!

BALLROOM
TORONTO, ON

SO YOU THINK YOU CAN
DANCE
CANADA

SO YOU THINK YOU CAN DANCE CANADA

EDGAR GILBERT-REYES, 22

HIP-HOP
CALGARY, AB

1) Michael Jackson
2) I just always think very positively!
3) Chicago 4) I'd do anything to do win this competition!
5) Team Benji!

HANI ABAZA, 26

MODERN CONTEMPORARY
OTTAWA, ON

1) Michael Jackson 2) I improv or breathe in and hold it for three seconds 3) A Chorus Line 4) Tell the whole country everything I can about myself and not hold anything back 5) If I have to pick one it would be Benji

JANICK ARSENEAU, 20

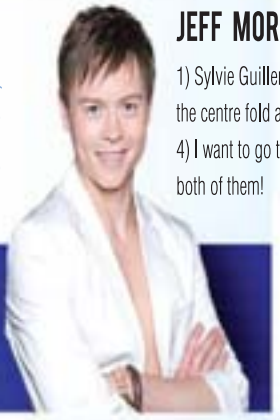
CONTEMPORARY
BATHURST, NB

1) Michael Jackson 2) I always get the sudden urge to pee as soon as I'm about to go on stage 3) Chicago 4) I am ready to make the sacrifices needed to get all the way to the top! 5) I'm on team Benji, all the way!

JEFF MORTENSEN, 22

CONTEMPORARY
EDMONTON, AB

1) Sylvie Guillem 2) I always go to the centre of the curtain backstage, touch the centre fold and tell myself to have fun and not screw up 3) Mrs. Doubtfire 4) I want to go through this competition learning as much as I can 5) I am for both of them!



JERA WOLFE, 19

BALLET & BREAKING
INVERNESS, NS

1) Michael Jackson
2) I don't know if it's good luck, but I always go to the bathroom before I perform 3) Grease 4) I'm going to do whatever it takes 5) Team Benji

JESSE WEAFER, 25

CONTEMPORARY
AURORA, ON

1) Michael Jackson
2) I pray and thank God for the opportunity 3) Moulin Rouge
4) I'm terrified of sky diving, but I would do it if that means I would win!
5) Team Lacey

JONATHAN ARSENAULT, 26

CONTEMPORARY
KITCHENER, ON

1) Wade Robson and Michael Jackson
2) If I'm wearing socks, I double check that they're pulled up so they don't fall 3) The Wiz 4) I would go door to door dancing on people's doorsteps to prove I am Canada's Favourite Dancer! 5) Team Lacey all the way!

JULIA HARNETT, 26

LATIN BALLROOM
CALGARY, AB

1) Michael Jackson
2) I try to focus on breathing...."in the nose, out the mouth..."
3) The Sound of Music 4) I will treat my body right
(yoga, proper nutrition and lots of sleep) 5) Team Benji

YOUR TOP 22 DANCERS

QUESTIONS

1) If you could dance with any person living or dead, who would that be?
2) What is your pre-audition or performance good luck ritual?
3) What is your favourite movie-musical?
4) What lengths would you go to to win this competition?
5) Are you on team Benji Schwimmer or Lacey Schwimmer?

KIRSTEN WICKLUND, 20

CONTEMPORARY BALLET
VANCOUVER, BC

1) Jiri Kylian and George Balanchine 2) I get pumped up and energized to music, and then just focus on what I am about to perform 3) Grease 4) I would definitely go to the most infinite lengths to win this competition! 5) I am just on team Schwimmer!

KLOÉ SCHULTZ, 20

LYRICAL-JAZZ
NORTH BAY, ON

1) Janet Jackson
2) I chew gum and remove it right before I step on stage
3) Grease 4) I would stop tanning 5) Team Lacey!

MACKENZIE GREEN, 20

CONTEMPORARY
REGINA, SK

1) Michael Jackson 2) I knock on wood whenever someone says "Break a Leg" 3) The Wizard of Oz 4) A lot of sacrifices will have to be made which I'm prepared to make 5) Team Lacey

NATHALIE HEATH, 23

CONTEMPORARY
SURREY, BC

1) Gene Kelly 2) I close my eyes and take very deep breaths
3) It's a tie between Singing in the Rain and Chicago 4) I strongly believe in the power of focusing all my energy into something I want 5) Team Lacey!

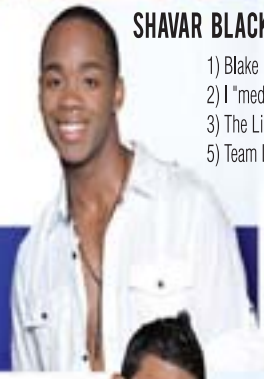
SEBASTIAN MERSCH, 21

CONTEMPORARY
TORONTO, ON

1) Bob Fosse 2) I wish people "Merde" and do a little something called the "shake down" to loosen up my nerves 3) The Rocky Horror Picture Show 4) "I would walk 500 miles, and I would walk 500 more" probably even longer maybe even swim through the Nile... or trek through the Grand Canyon 5) Team Lacey

SHAVAR BLACKWOOD, 25

HIP-HOP
TORONTO, ON



1) Blake McGrath
2) I "meditate" in the washroom
3) The Lion King 4) I would kiss feet!
5) Team Lacey all the way!

SHELAINA ANDERSON, 19

CONTEMPORARY
EDMONTON, AB

1) Patrick Swayze
2) I listen to my music on my ipod while doing a ballet barre warm up to find my centre 3) Grease 4) Anything and everything, without compromising my dignity 5) Team Benji!

YONNI FOURNIER, 27

SALSA
MONTREAL, QC

1) Justin Timberlake
2) I close my eyes and clear my mind for 10 seconds
3) Chicago
4) I will leave my heart on the stage every time I step onto it
5) Team Lacey

MUCH | CTV

CTV.DANCE.CA

Many shades of Gray

Musician on a new creative roll ◗ More 'politicized' songs on new album

Sometimes you need a time-out. David Gray's time-out lasted four years.

The Grammy-nominated troubadour took a break from the music industry, but came back more energized than ever. Last year, he released the album Draw the Line, and this week, he's back with another album, Foundling. He's also touring the U.S. with Ray LaMontagne.

Gray said he got a creative spurt during his time away from the spotlight.

"I didn't have a record contract," he said in a recent interview. "I had no one telling me to stop, so once the music began to flow ... I felt like it gave me a completely new lease of life. I got into a very creative mode. I was writing a lot of new songs."

The British performer talked about his new album, and his new outlook.

How would you describe this album?

JEFF CHRISTENSEN/THE ASSOCIATED PRESS

▶ David Gray is back with a new album, Foundling.

It's a listening record. If you're really into lyrics and songwriting, and dwelling on the essence of the song, then this is going to be a record that's powerful for you, as a listener. ... There's no big song. There's nothing that's trying to attract your attention. It's not dressed up for the shop window. It's very much a record I made with my deepest instincts.

Why did you release this album less than a year after Draw the Line?

At a certain point I looked at all this sort of sprawling massive material and decided there was two separate projects. ... Suddenly it looks like I'm just knocking records out as if it's easy, but they were both recorded and conceived within the same time frame.

You are known for being introspective, but this album turns the lens outward. Why is that?

The angles that I was pursuing with my writing changed on Draw the Line in particular. It just released me from whatever I'd been thinking and feeling before. The sound of the new band had a different, slightly, almost tougher presence to it. It allowed me, enabled me, to write a different kind of song, something I've been bursting to write — so more panoramic, politicized, an uncomfortable word, but more political kind of rant kind of songs. Suddenly the camera was just pointing everywhere and to everything.

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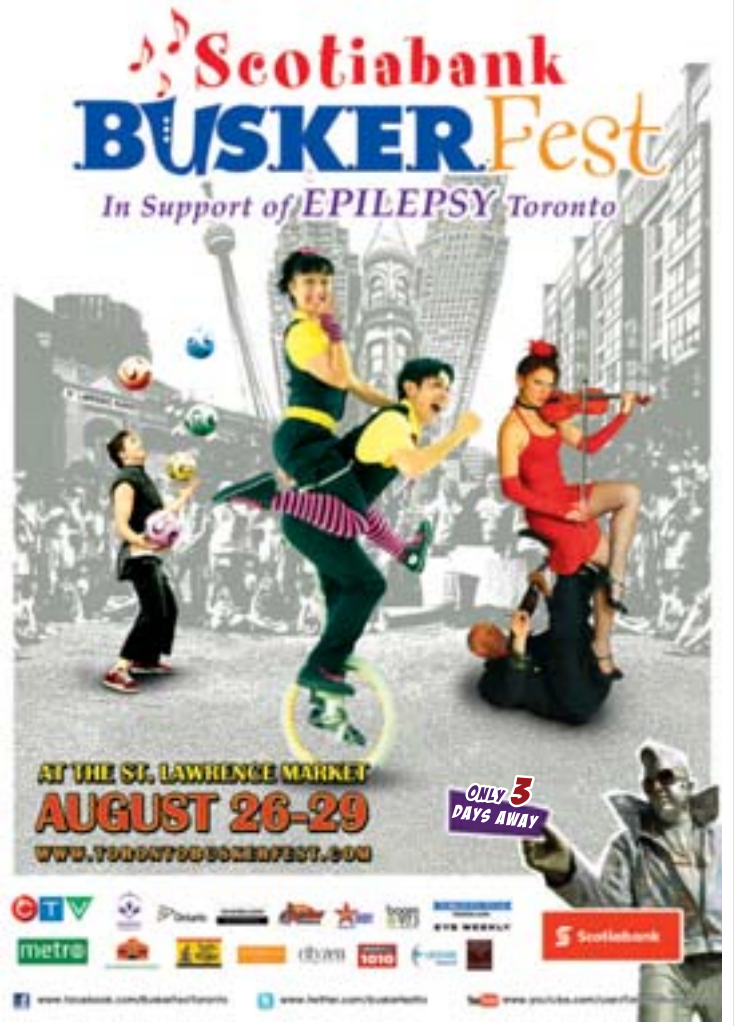

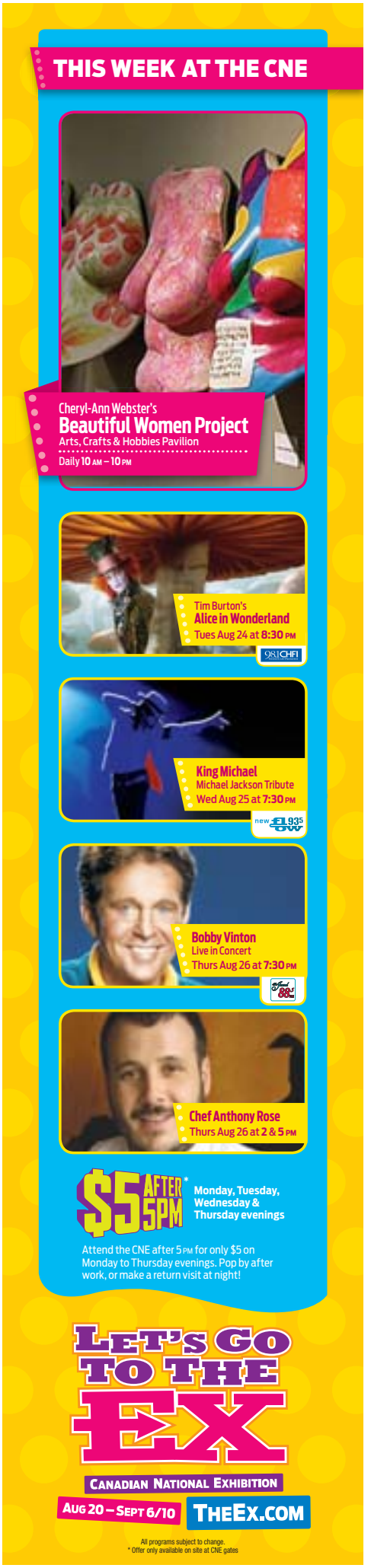
THIS WEEK AT THE CNE
Cheryl-Ann Webster's
Beautiful Women Project
Arts, Crafts & Hobbies Pavilion
Daily 10 AM – 10 PM
Tim Burton's
Alice in Wonderland
Tues Aug 24 at 8:30 PM
King Michael
Michael Jackson Tribute
Wed Aug 25 at 7:30 PM
Bobby Vinton
Live in Concert
Thurs Aug 26 at 7:30 PM
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Wyclef Jean will not abandon bid for presidency

- **Haitian born hip-hop star will appeal decision by electoral office**
- **Claims decision is just 'politics'**

Hip-hop singer Wyclef Jean said yesterday that he is not abandoning his presidential bid just yet and will try to get the courts to overturn a decision disqualifying him from the race.

Speaking to The Associated Press by telephone from his home in Croix des Bouquets, Jean said his lawyers will file an appeal with the national electoral dispute office.

Jean said that he has a document "which shows everything is correct" and that he and his aides "feel that what is going on here has everything to do with Haitian politics."

"They are trying to keep us out of the race," he said, referring to Haiti's political establishment.

Haiti's elections board rejected Jean's candidacy Friday night — presumably because it decided he had not met residency requirements, although the board did not cite a specific reason. Under Haitian law, a presidential candidate must have lived in the country for five consecutive years leading up to the election. Jean has argued that he was not required to comply with the law so strictly because after President Rene Preval appointed him as roving ambassador in 2007, he was allowed to travel and live outside the country.

THE ASSOCIATED PRESS

GETTY IMAGES

▶ Wyclef Jean

GETTY IMAGES

▶ Lindsay Lohan.

Lohan won't be putting on weight

While stuck in rehab, there's apparently nothing Lindsay Lohan wants to do more than exercise, but sources tell TMZ that's one of the one things doctors at the UCLA Medical Center aren't providing for her.

Sources say she hasn't yet received permission to use the gym at the health facility, so the troubled actress has been getting creative, doing push-ups and sit-ups every day in her room.

METRO

Talking points

The naked truth comes out for True Blood stars

SHOWING ONCE AGAIN YOU CAN GO FROM HOT TO YAWN IN A WEEK

Although they're currently on the cover of Rolling Stone naked and covered in blood along with co-star Alexander Skarsgard, True Blood's Anna Paquin and Stephen Moyer tied what sounds like a very traditional knot over the weekend.

The couple was married on a beach in Malibu, according to People.com.

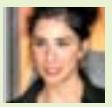
But considering that Moyer — to the frenzied delight of Metro staffers — opened up about the hotness of bloody undead sex during our interview with him last year, we were expecting something a little less Martha Stewart Living.

METRO

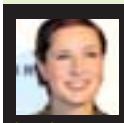
Celebrity tweets

Kanye West [@kanye-west] French fries are the Devil

Cory Monteith [@frankte-neen] people who eat white bread have no dreams.



Sarah Silverman [@SarahK-Silverman] I've been poking holes in my birth control pills.



Diablo Cody [@diablo-cody] My goal is to be a better parent than Sharon Stone at the end of CASINO.

METRO

KRISTA HANDFIELD/THE ASSOCIATED PRESS

▶ Elisa Hebert, 32, wasn't attached to her surname before she traveled with partner Megan from their home outside Denver, Colo., to Rehoboth. Back home, Elisa appeared in court to complete her legal name change.

Gay partners change names

Some see practical benefits to changing their surname, such as proof of medical status in emergencies Others want to identify their union

In October 2008, racing against California's gay marriage ban, Chloe and Frankie Frankeny wed legally in San Francisco with one chore done: Chloe had taken her wife's name two years before.

"It was the only way we had to fit into a mainstream role that was understandable to anybody," said Chloe, managing editor of a fashion website. "When I told my father I was taking Frankie's name he was sort of blown away because I definitely consider myself a feminist."

With a battle over the state's ban on gay marriage possibly headed to the U.S. Supreme Court, it's likely more same-sex couples will do the same.

For the Frankenys, the name switch couldn't magically grant all the marriage benefits denied legally wed same-sex couples when compared to one man, one wife, but it was one more way to express their union. It's a symbol rendered even stronger now that gay marriages are on hold in California, and for partners who've never had the option.

"With the same last name we could say we were sisters. We've all heard stories of partners kept apart in ER."
CHLOE FRANKENY, EDITOR

A name-change for gay couples isn't always as simple as trotting out a marriage certificate, the proof most required in heterosexual marriage. Emotionally, the journey is about love, commitment – and a way to ease anxiety over being misunderstood as non-relatives in emergency rooms or considered less-than as parents.

Kirsten Palladino, who runs online gay wedding 'zine Equallywed, shed Ott for the surname of her partner, Maria, last year without a state-sanctioned union in Georgia. She's seeing more couples go to court for name changes, settling on hyphenation or one partner's surname over the other.

THE ASSOCIATED PRESS

Name game

Up to 95 per cent of heterosexual couples marrying for the first time legally adjust their surnames.

Career move Professional identity before marriage motivates others in same-sex and hetero couples to keep their original names informally or use them as middle names.

Bereaved pet owners struggle to cope with grief

Jane Shaw called Jake her angel dog. Jake saw her through vet school, through her father's death, through a divorce and into private practice. He even did therapy work.

But 11 years ago, Shaw lost Jake to a car accident. She didn't just lose a pet, she lost her hiking partner, someone she took care of, someone she'd built her life around.

Through the grief came a question familiar to those who have lost a special pet: Should she get another pet? And when?

"It is healthy to have a transition period. In grieving, we're taking time to honour the pet we lost. Grief is so miserable," said the veterinarian, who also works at Colorado State University. People used to think getting a new pet right away was as important as getting back on a bicycle after you fall off. But a little time will generally help, Shaw said.

There are no wrong answers about if and when to get a new pet – just a few wrong turns. Some people will mistakenly try to "replace" a lost pet, she said, trying to find an animal that looks, sounds and behaves the same. Some people will even give the new pet the same name.

THE ASSOCIATED PRESS

MICHAEL CONROY/THE ASSOCIATED PRESS

▶ Doreen Disbro hugs her dog Kiko. Disbro lost her German shepherd, named Tandy, to hip disease in 2003, and she's still grieving.

3 life

Don't retire sunglasses for fall

Parents should be aware that harsh sunlight remains outside, even as summer turns to fall. "Children need the protection of good sunglasses just as much as adults do and sometimes even more," says Bijan Minbashion, vice president of operations for Hakim Optical. "So many of their activities are outdoors and in direct sunlight." And the good news is: It isn't too difficult to persuade kids to wear sunglasses, especially if they are modeled after those worn by adult role models or an older sibling.

NEWS CANADA

When parents age at home: Some tips for easing the transition to live-in help.

Nutritious and delicious

HANDOUT/THE CANADIAN PRESS

10 portions
Prep time: 15 min.
Cooking: 35 min.

▶ Blueberry cake topped with walnuts.

Forget about serving pie or a traditional cake Blueberry cinnamon coffee cake is delicious served for any occasion

Ingredients :

Topping
- 750 ml (3 cups) locally grown blueberries
- 125 ml (1/2 cup) icing sugar, divided
- 10 ml (2 tsp) cinnamon, divided

125 ml (1/2 cup) all-purpose flour
- 75 ml (1/3 cup) cold butter, cut in bits
- 125 ml (1/2 cup) finely chopped walnuts

Batter
- 125 ml (1/2 cup) butter, softened
- 250 ml (1 cup) granulated sugar
- 2 eggs
- 5 ml (1 tsp) vanilla
- 500 ml (2 cups) all-purpose flour
- 5 ml (1 tsp) baking powder
- 1 ml (1/4 tsp) salt
- 5 ml (1 tsp) baking soda

This moist cake tastes good for breakfast, brunch or dessert served with a slice of cheddar cheese.

Preparation:

Topping:

1 In a small bowl, stir together blueberries and half each of the icing sugar and cinnamon; set aside.

2 In another small bowl, stir together flour and remaining icing sugar and cinnamon. Cut in butter until texture resembles coarse crumbs. Stir in walnuts. Set aside.

3 Cut in butter until texture resembles coarse crumbs. Stir in walnuts. Set aside.

Batter:

4 In a large bowl, cream butter with sugar until light and fluffy. Beat in eggs, one at a time. Beat in vanilla.

5 In a separate bowl, sift or stir together flour, baking powder and salt. Stir baking soda into sour cream.

6 Stir half of the dry ingredients into butter mixture. Add sour cream; stir in remaining dry ingredients.

7 Spread in greased 3.5-l (9-by-13-inch) metal cake pan, smoothing with spatula. (The batter is thick.) Sprinkle with blueberry mixture. Sprinkle walnut mixture evenly over top.

8 Bake in a 180 C (350 F) oven until skewer inserted in centre comes out clean, about 35 minutes.

THE CANADIAN PRESS

Superfood: Papaya

FLICKR/BRAVESIRROBIN

Papaya contains a number of vital protein-digesting enzymes including papain. Papain has been shown to decrease inflammations and improve healing from burns. They are also a great source of Vitamin A and C (obtained from the anti oxidant beta carotene) which are necessary elements contributing to a healthy immune system.

ROMINA MCGUINNESS/ METRO WORLD NEWS

Versatile afternoon dish

LARRY CROWE/THE ASSOCIATED PRESS

▶ A sweet-and-sour chicken grinder with onions and peppers also works well with pork or beef and can make a nice wrap or even a meal on a bed of rice.

Sweet-and-sour chicken grinders with onions and peppers can be used on just about anything

The best weeknight recipes are those that are versatile enough to work not just with what you want, but also what you have.

As in this simple recipe for sweet-and-sour chicken.

In a creative take on this classic Asian takeout, the lightly sweet and tangy chicken is intended to be nestled into a sub roll.

But if you don't have any or simply aren't in the mood, it does just as well over noodles, wrapped in a flour tortilla or even — ready — over rice.

Likewise, you could turn this into a sweet-and-sour beef or pork by using an equivalent amount of sirloin or pork tenderloin (adjust cooking times as needed).

If vegetarian is more your style, cubes of extra-firm water-packed tofu would be delicious, as would the wheat protein known as seitan.

Even the sauce is agreeable to tinkering. For a spicy take, add a splash of hot sauce (sweet-and-heat-and-sour), a pinch of red pepper flakes or some finely diced jalapeno peppers.

Preparation:

1 In a small bowl, whisk together soy sauce, vinegar, hot sauce, jam and cornstarch. Set aside.

2 In a medium bowl, combine flour and chicken, tossing to coat. Set aside.

3 In a large saute pan over medium-high, combine butter and oil. Heat until butter has melted.

4 Add chicken and brown on all sides, about 5 minutes. Add onion, both peppers and pineapple juice.

5 Saute until chicken is cooked through and onion is tender, about another 4 minutes.

6 Add pineapple, then cook until heated.

7 Stir in soy sauce mixture and cook, stirring constantly, until thickened, about 2 minutes.

8 Spoon chicken, vegetables and sauce into rolls

THE CANADIAN PRESS

Need to know:

Start to finish 25 minutes

Ingredients:
- 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) seasoned rice vinegar
- 5 ml (1 tsp) hot sauce
- 30 ml (2 tbsp) apricot or peach jam
- 15 ml (1 tbsp) cornstarch
- 30 ml (2 tbsp) all-purpose flour
- 750 g (1 1/2 lb) boneless, skinless chicken breast, cut into 2.5-cm (1-inch) chunks
- 30 ml (2 tbsp) butter
- 15 ml (1 tbsp) olive oil
- 1 large yellow onion, halved and thinly sliced
- 1 large red bell pepper
- 1 large green bell pepper, cored and thinly sliced
- 250 ml (1 cup) chunk pineapple
- 125 ml (1/2 cup) of the canning juice
- Salt and pepper
- Four 15-cm sub rolls

THE CANADIAN PRESS

INFORMATION FEATURE

Fairly Easy Milk Chocolate Fudge

You'd be hard pressed to find an easier fudge recipe. And using Fair Trade chocolate makes it that much sweeter!

▶Milk Chocolate Fudge

PHOTO: SIMON COUSINS/FLICKR

Milk Chocolate Fudge Ingredients:

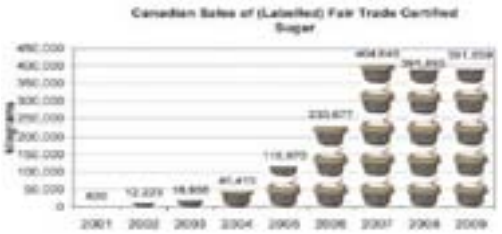
- 4 1/2 100-gram Cadbury Dairy Milk bars (1 pound total), chopped
- 1 14-ounce can sweetened condensed milk
- 1/2 stick (1/4 cup) unsalted butter
- 1/2 teaspoon salt (optional)

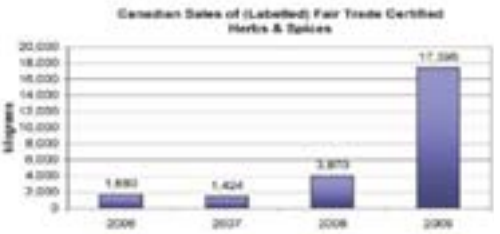
Preparation:

1. Line the bottom of an 8-inch square baking pan with wax paper.
2. Heat all ingredients in a double boiler (or metal bowl in a pan of simmering water), stirring until smooth.
3. Pour into baking pan and refrigerate until firm (at least 4 hours or overnight). Cut fudge into 1-inch squares and enjoy chilled.

Fair Trade

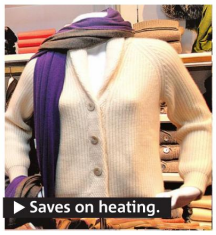
By the Numbers Despite having taken a hit by the recent economic downturn, interest in—and purchases of—Fair Trade staples has gained popularity in the past few years . Here are just a few of the recent numbers from TransFair Canada:





▶ A fussball table is a reason to get up and walk, plants clear the air.

▶ Saves bottles.


▶ Saves on heating.

▶ Saves paper.

Green ideas for your office

ROMINA McGUINNESS
METRO WORLD NEWS

Clear your head, your conscience and your carbon footprint in one go.

GO ELECTRIC

Technology is here for a reason so digitalize and dematerialize as much as possible. Emails, invites, calendars and files can all be saved onto your computer rather than on paper. Back all information on an external hard drive — as much as we love technology, computers do tend to crash and burn when loaded with too much information.

PAPER

Print only if you must as most of the time you can read and make changes directly on the screen without printing. When you do print, choose the double sided setting, which will print on both sides instead of just one. When re-stocking, go for recycled paper.

LIGHTS

Switch off all lights when you leave the office, especially desk lights that are smaller yet easily forgettable, but still powerful. Switch to LED (light emitting diode) bulbs, which are more efficient and save than traditional ones.

FURNITURE

Choose office furniture (desks, chairs, filing cabinets) made from sustainable wood, recycled metal and non-toxic waste.

COMMUTE

Public transport (bus, subway, train, car) is over crowded and stressful. It also contributes to your carbon footprint as thanks to the toxic fumes emitted throughout the journey. If the work home distance and weather allows for it, either ride your bike or walk into work. It's a healthier and cheaper option with minimal impact on the environment.

DRESS RIGHT

Summers are warm and winters cold- fact. Dress appropriately in order to not turn the heater or air conditioning on full blast as soon as you step foot in the office. Bring an extra jumper or pair of tights to cozy up in the cold and if it's too hot, buy a water spray or small fan.

RECYCLE BINS

Have one main recycling bin where everyone can throw in paper, cardboard and plastic waste. Place it somewhere obvious and of easy access so it cannot be avoided.

SWITCH OFF

Leaving your computer on over night will eventually burn out its battery light and is simply not necessary.

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Queen of Green

LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

DON'T FLUSH MEDS

QUESTION:
What's the best way to get rid of old medications?

Alex, Edmonton, Alta.

The next time you find yourself decluttering the medicine cabinet, make sure you don't flush old medications down the toilet and don't throw them in the garbage either.

The safest way to dispose of old medications and over-the-counter health care products is to take them back to your local pharmacy.

Flushing unused or expired prescription medications down the toilet or throwing them in the garbage means they'll eventually find their way into our streams and rivers — also known as our drinking water. Not only will you be eliminating the risk of an accidental poisoning in your home, but you're also playing a role in keeping our oceans and landfills free of pollution.

QUESTION:
Do I need to worry about toxic ingredients in sunscreens and what's the safest sunscreen to use?

Julia from Halifax, N.S.

Unfortunately, there are chemicals of concern in sunscreens. Four substances commonly found in chemical sunscreens — parabens, cinnamate, benzophenone and camphor derivatives — are thought to be the culprits killing coral reefs around the world. Yikes.

This summer, choose a sunscreen without parabens. You might also see related ingredients on the label like methylparaben, butylparaben, propylparaben. All are widely used in cosmetics as a synthetic preservative; they are easily absorbed by skin and should be avoided. What's concerning is parabens are suspected of interfering with hormone function. Some evidence suggests that parabens mimic estrogen and studies suggest a possible association between parabens and breast cancer.

Green ideas

SHANTY CHIC POTS IN BRAZIL

▶ The tins are made from recycled materials.

Brazil based Jahara studio has launched a collection of household items made form recycled materials. "I was inspired by the look of beaten up and used pans that are also used as a musical instruments at Brazilian carnivals," says owner Brunno. The collection was also drawn to the country's favelas (shanty towns), where people also use odd bits and pieces, including aluminum pots and tins, as musical instruments. In 98 per cent of the aluminum in Brazil is recycled, and the collection features lampshades, pots and plates made from the material. Jahara's recycled aluminum is 30 per cent stronger than it would be new thanks to an anodizing process, which also gives the end product a unique texture and vivid colour.

brunnojahara.com

ROMINA MCGUINNESS/ METRO WORLD NEWS

A green thumb heals the blues

U.K.-based charity Thrive believes in using gardening as an alternative therapy for depression

▶ At Thrive the patients find their way back to mental health by the therapeutic powers of gardening.

[illegible] a therapist for eight years before she became head of the Training and Education division at Thrive.

"Gardening is about the inter-connectedness humans have with nature, it's a living medium," she says. "Thrive works with people with a range of disabilities and gardening is an alternative therapy that brings profound physical and physiological change in them."

A recent study, carried out by Thrive and the University of Loughborough, established that therapeutic horticulture promoted better health, well-being and social inclusion. The study Growing Together highlighted the changes in behaviour and attitude that can occur if people are exposed to outdoor life and activities.

"The psychological benefits of gardening are huge. Self-esteem and confidence are boosted, as is body posture and demeanour," Rickhuss says.

Thrive gives people the chance to obtain gardening qualifications and for some this is the first and only they will get in their lives. People suffering from a mental health disorder often live in isolation and gardening forces them to interact and get out of their shell, eventually stepping outside their comfort zone.

Sue Stuart runs the Battersea Garden Project in London, helping create beautiful gardens.

"Gardening is a tool used to achieve other life changing outcomes. It's relatively easy to grow something and experience success over failure," she explains.

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Ditching the desk

More and more employees are passing on the cubicle and taking their work to the coffee shop ◆ Companies realize a cost savings

More and more people are dropping the desk gig for a better office outfit. In fact, the widespread use of smartphones, laptops and PDAs means many don't even go into the office at all. As office work shifts, so do the workplaces behind it, and businesses have begun to smarten up about the widespread potential for work outside the office.

Richard Laermer, author of 2011: Trendspotting for the Next Decade, noticed this phenomenon early on.

"As soon as (businesses) realized it was cheaper to not have people stay at the office, they did it," jokes Laermer, but he's right. Offices have to pay for the real estate for desks, conference rooms, lounges and kitchens.

"It's hard for companies to afford space for people when people don't really need space to work in," he explains.

Working outside the office is better for employees, too. When staffers aren't tied to the office to do their work, they can be more universally committed — the lines between work life and home life become blurred. Being able to work on your own terms means you can work whenever you are most productive.

Laermer says that in the alternative workplace "you think better, somebody's not looking over your shoulder (figuratively or literally), and you can choose what interruptions come to you — these are very healthy things."

The author's only concern comes from the productivity offices have through working together.

more productive

By choosing your own atmosphere, you're more likely to be productive. "What exactly are you doing in your cubicle that you couldn't be doing in Starbucks?" asks Laermer.

"It's hard for companies to afford space for people when people don't really need space to work in."
RICHARD LAERMER

"In order to get things done, you need to brainstorm," he says. "How does the employer get people to come to the office for those meetings if they don't have to?" The latest trend is to hire a "social director that plans things for people to come into the office so they can see each other," Laermer says.

METRO

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▶Night shift workers are at increased risk of breast cancer, heart disease, fertility problems, gastrointestinal distress and substance abuse.

Staying sane when working nights

- Get a good sleep, try to nap often and avoid sunlight
- Graveyard shift workers face increased health risks

When the clock resets, that's when that other set clocks in: The nocturnal underclass of twilight-shift zombies who pull midnights to mornings, often graze out of a gas station snack rack, shed friends like muscle mass, and suffer weeks without savouring a vegetable.

It's with morbid accuracy that society nicknames that the graveyard shift. Brave souls who bear it brook all manner of health risks, which Brown University chronobiologist Katie M. Sharkey enumerates: "Increased breast cancer, heart disease, fertility problems, gastrointestinal distress, and definitely more substance abuse, in groups that you wouldn't even think, like nurses drinking coffee after 5 a.m., then using alcohol to try and sleep."

Adjust your inner timepiece, though, and your graveyard shift need not carry a graveyard sentence: Start by adopting a vampiresque revulsion towards the sun.

"An afternoon nap prior to the first night or a run of night duty is clearly advisable."
CHRONOBIOLOGIST TIMOTHY MONK

"Light is the most potent time-giver to our biological clock," Sharkey explains. "Protect yourself from exposure, particularly when traveling home in the morning."

Then, with lead drapes blackening yours windows, go right to bed: no Facebook, no Cheerios, no Good Morning America.

"The closer you go to bed to your natural sleep time, the more likely you'll get good sleep," she advises.

Ear plugs, eyeshades, an understanding family, a phone on vibrate, and a doorknob dangler — Night Shift Worker: Don't Disturb 'Till 4 — can assist, Sharkey recommends.

So can smoother transitions. Come weekends, all too many nocturns backslide to a sunshine schedule when they'd slumber sounder half-measuring a 3 a.m. bedtime.

"Naps can be of significant benefit," Chronobiologist Timothy Monk suggests. "An afternoon nap prior to the first night or a run of night duty is clearly advisable."

Take your health seriously

The safety of others may rest on your slumber patterns. The very people who come out at night, Sharkey notes, are the cops, nurses, and 911 tellers who rely on split-second decisions: instincts, she warns, that are denatured by the night shift. METRO

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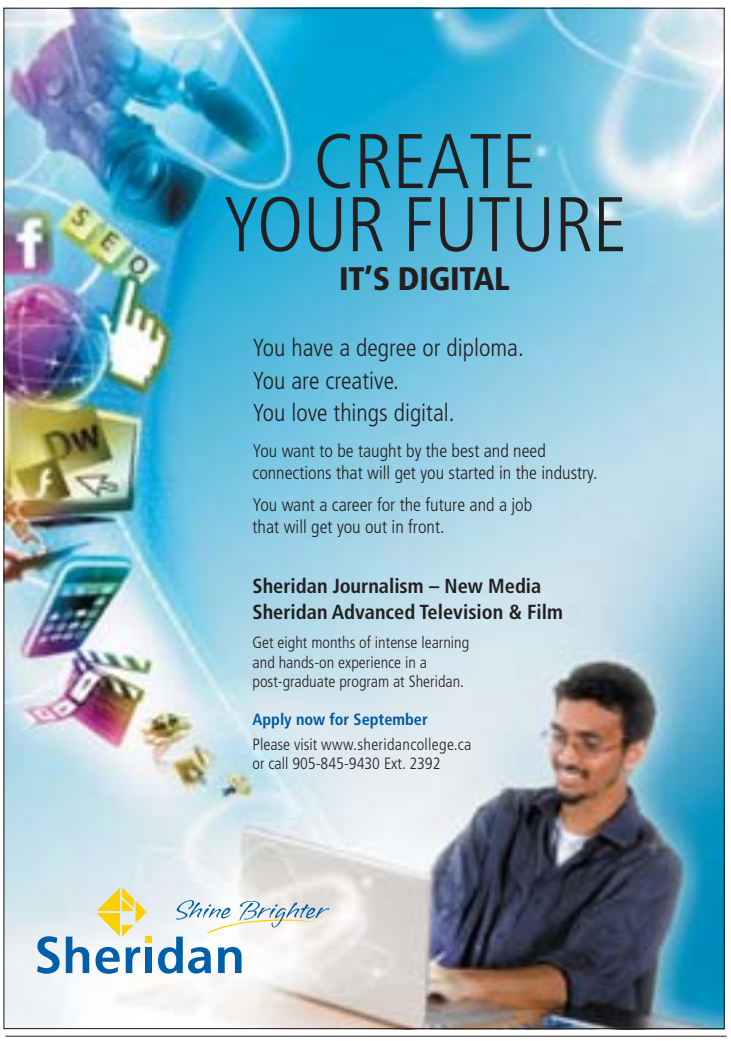
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School life on a shoestring

Many students ready to manage finances for the first time Grants and scholarships can save money

Thousands of young Canadian men and women are embarking on a huge change to their lives in the next few weeks as they leave home and enter university.

It's an exciting and demanding time — as students handle their own finances for the first time and make decisions on money and debt that can haunt or help them for years to come.

Hailey Coleman, who just graduated from Ryerson University, remembers that it was "definitely a big change, that's for sure."

"I wasn't living with my parents anymore, so for me it was really learning how to budget and how to be responsible for my money."

Of course you can't budget and control expenses unless you know how much money is coming in. That means students should make it their business to find out about any available grants and scholarships — but many don't.

"They are either unaware, which is scary because high schools are supposed to instruct them in how to try and access money and they probably do but the students are still unaware," said Alan Kaplan, a finance professor at Ted Rogers School of Management at Ryerson University.

"So yes, some are unaware and some students know that these opportunities are out there but they simply haven't explored them. Their parents took care of things until this time."

Coleman said she made the same mistake when she first attended Ryerson, including missing out on an entry scholarship that "would have helped out big time."

Coleman said she was lucky in having a friend who taught her how to budget, "which was huge."

That meant she could get a handle on what was coming in and going out and once she got in the habit of keeping her receipts and seeing what she was spending, Coleman found it amazing to see how much these things were costing.

"It was more just learning how to distribute my money properly, like how to put enough aside for food and some for rent and just shopping around for different things," she said.

"I got a bike which saved me a ton of money as opposed to buying Metro passes or tokens (for Toronto transit) every week. It was things like that I kind of learned along the way, even buying a water filter as opposed to buying bottled water. Little things along the way (that really add up)."

"There are tons of resources available in terms of scholarships that are available for hundreds of students and it's really just a matter of applying for them."
RYERSON UNIVERSITY GRADUATE HAILEY COLEMAN

One of the biggest challenges that face students is holding down a part-time job and Kaplan said this can be a bad situation for most men and women.

"I advise that unless you are a strong student, you have to recognize there is a balance, you cannot simply work 20 hours a week to support your university studies and expect to do sufficiently well," he said.

Instead of putting your studies in jeopardy, he advises that it's not the end of the world if you don't go straight from high school to university.

"Take a year off if you need to. You're still young, you can get a job a year down the road. It isn't going to matter in terms of getting a job," Kaplan said.

"Get money saved up so you don't have to work too much. Because it is a very tough balance unless you are a very strong student."

Coleman added that if you have to put in some long hours working, then consider cutting back your courses.

"I did have to have a job and so I cut back on my courses," she said.

"I think that was the most brilliant thing to do. I took my time. I was able to keep my grades up, earning money so I didn't have to take out a loan."

Kaplan added that it is easy to get into debt with credit being readily available to university students and if a student gets into trouble, the smart thing to do is "see someone real quick."

He knows Ryerson has a free counselling area for students to help them deal with academic and personal issues and is sure other universities have the same facilities.

THE CANADIAN PRESS

▶ It is easy for university students to get into debt with credit being so readily available to them.

Budgetting is up to you

Alan Kaplan, a finance professor at Ted Rogers School of Management at Ryerson University, said that managing finances comes down to the individual.

"It's mostly attitude," he said.

"If you have the right attitude, you will figure out how to work ASAP, you will figure out who to speak to regarding grants, and bursaries. So I do think first and foremost it's attitude and only second is it the actual technical details."

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Make the transition stress free

When your child moves away from home for college or university, there are important changes and responsibilities to consider. Along with the emotional stress of having your young graduate leave home, you also need to consider what the move means for your finances and insurance policies.

Being informed about your insurance coverage is crucial for your child's protection and wellbeing. While many policies extend parents' coverage to kids in university, other policies encourage college students to purchase their own insurance.

For a stress-free transition, Wayne Ross, insurance expert at Aviva Canada offers the following helpful tips:

1. Scope out apartments: Living off-campus can help students develop a sense of independence and save some money. However, consider buying a tenant policy in your child's name so their personal property is protected.

2. Keep track of their finances: University life goes hand-in-hand with expensive purchases like computers and other electronics. Stick to a budget, keep track of your purchase and verify what your insurance covers.

3. Check your car insurance: Whether your child takes his or her car to university or intends to drive on visits home, call your insurance company to check what your policy includes.

Following these tips can help you breathe a little easier during this time of transition. More information is available from your insurance broker.

NEWS CANADA

Clay leaves Blue Jays swinging in the rain

Boston pitcher strikes out seven, allows only five hits and no runs

BLUE JAYS	RED SOX
0	5

Clay Buchholz pitched six innings of five-hit ball to lower his AL-best earned-run average to 2.26 and Bill Hall hit a two-run homer as the Boston Red Sox beat the Toronto Blue Jays 5-0 in a rain-delayed game yesterday.

The game began one hour 44 minutes late and was stopped for 59 minutes by more rain with two outs in the top of the third of a scoreless tie. That delay didn't bother Buchholz, who needed just two pitches after play resumed to end the inning by retiring Adam Lind on a fly ball to left field.

It was typical of the way Buchholz (15-5) has been pitching lately.

He began the day with a 2.36 ERA and extended his streak to 23⅔ innings without allowing an earned run. He won his fifth consecutive decision and gave up three runs or less for the 15th time in his last 16 starts. He allowed just five hits for the third straight game, struck out seven and walked three.

Shaun Marcum (11-7) retired Boston's first 12 batters after pitching a one-hitter in his previous game, a 3-1 win at Oakland last Monday night. That hit was a homer by Conor Jackson leading off the seventh.

Yesterday, the Red Sox unleashed their power in the fifth. David Ortiz led off with a triple to left-centre that centre-fielder Vernon Wells, shaded toward right field, couldn't reach despite a hustling attempt. On the next pitch, Adrian Beltre lined a double to left, scoring Ortiz.

Marcum set down the next two batters before Hall hit a towering shot over the left field wall on a 2-1 pitch for his 17th homer of the year. The righty then retired seven of his remaining eight hitters and left after the seventh. He gave up four hits with six strikeouts and no walks.

Jason Frasor took over in the eighth and allowed two runs on a run-scoring double by Ryan Kalish and an RBI single by Ortiz.

The Blue Jays couldn't get going offensively even after Buchholz left. Daniel Bard worked the seventh and Felix Doubront, who entered with a 3-0 lead, worked the last two innings for the save.

Toronto managed six hits, all singles, and had its best chance in the first. Fred Lewis led off with a walk and took third on Jose Bautista's one-out single. But Buchholz ended the threat with an infield pop-up and a groundout.

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MICHAEL DWYER/THE ASSOCIATED PRESS

▶ Clay Buchholz pitches against the Toronto Blue Jays yesterday.

Piniella ends career to be with ailing mother

After all the wins, all the losses and all those arguments, Lou Piniella clearly felt it was time to leave.

Saying the final goodbye after a half-century in baseball, that was the hard part.

"I cried a little bit after the game. You get emotional. I'm sorry, I'm not trying to be," the Chicago Cubs manager said yesterday, his eyes tearing up again and his voice cracking.

"This will be the last time I put on my uniform," he said.

The 66-year-old Piniella announced before the Cubs-Atlanta game that he was retiring immediately after it was over and planning to spend more time with his ailing mother.

"My mom needs me home and that's where I'm going," Piniella said.

THE ASSOCIATED PRESS

MIKE BLAKE/REUTERS

▶ Lou Piniella

Sports in brief

Miyazato back in top spot

LPGA. Ai Miyazato reclaimed the top spot in the world rankings, winning the LPGA Safeway Classic yesterday for her fifth victory of the year. The Japanese star closed with an even-par 72 to finish at 11 under, two strokes in front of Cristie Kerr, ranked No. 1 going into the event, and Na Yeon Choi.

Federer wins in Cincinnati

TENNIS. A well-rested Roger Federer beat American Mardy Fish 6-7 (5), 7-6 (1), 6-4 yesterday, winning the Cincinnati Masters championship.

THE ASSOCIATED PRESS

4 sports

Quoted

"I'm just going to try to do the best I can, certainly for next year. Please don't ask me anything about after next year. I'm lucky to look for tomorrow morning"

VIN SCULLY, 82, ON HIS PLAN TO RETURN TO THE BROADCAST BOOTH TO CALL LOS ANGELES DODGERS GAMES FOR HIS 62ND SEASON.

"Every time there's a good play, the other night when the kid at second base threw the ball to first behind his back, I had goose bumps like it was the first big league game I'd ever seen."

SCULLY

Scan code for news

Rogers Cup may be washed out

After two days of delays, another rainy day may lead to tournament being called off ◗ Semifinalist Wozniacki has another tourney this week

Losing the final weekend to unrelenting rain capped a 2010 women's Rogers Cup that was ill-fated from the start.

The semifinals — one of them still hanging on an early Caroline Wozniacki lead — were postponed from Saturday to yesterday and finally to today at 10 a.m. ET as rain fell on Uniprix Stadium and the players amused themselves with movies, computer games and table tennis in the players' lounge.

Wozniacki, the second seed, took a 2-0, 0-15 lead on 11th-seeded Svetlana Kuznetsova during a 10-minute dry spell Saturday evening, but not another point was able to be played.

Their semifinal is to be played simultaneously with the one that pits 10th-seeded Victoria Azarenka of Belarus against eighth-seeded Vera Zvonareva of Russia.

The final is scheduled for 1:30 p.m. ET, although more rain is forecast for this morning, with clouds and isolated showers in the afternoon.

"They say 'Now it's ready' and you start warming up and then it starts raining again," Wozniacki said of the waiting. "The weather hasn't been nice to us.

"At least I got to watch a movie — two, actually."

A Women's Tennis Association spokesman said if play is washed out again today, they will meet with the players, Tennis Canada and television broadcasters to decide what to do.

What if?

- If the tournament is called off, the four semifinalists would split $700,000 US and 2,310 points, or $175,000 each. The normal winner's prize is $350,000, with $175,000 for the runner-up and $87,500 for each semifinalist.

They can extend play into tomorrow, although that may not be acceptable to the players or to TV. Wozniacki is entered in a tournament that begins today in New Haven, Conn., although as top seed she has a bye to the second round and won't have to play until Wednesday.

The other option would be to call off the rest of the tournament and split the prize money and WTA points evenly between the four semifinalists.

"Rain! please!" Azarenka exclaimed with a laugh when informed of that option.

THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

▶ Three tennis fans huddle underneath an umbrella yesterday during a rain delay at the Rogers Cup in Montreal.

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	77	47	.621	-
TAMPA BAY	76	48	.613	1
BOSTON	71	54	.568	6.5
TORONTO	64	59	.520	12.5
BALTIMORE	44	81	.352	33.5

AL CENTRAL

	W	L	Pct	GB
MINNESOTA	72	52	.581	-
CHICAGO	67	57	.540	5
DETROIT	61	63	.492	11
KANSAS CITY	53	71	.427	19
CLEVELAND	50	74	.403	22

AL WEST

	W	L	Pct	GB
TEXAS	69	54	.561	-
LOS ANGELES	62	63	.496	8
OAKLAND	61	62	.496	8
SEATTLE	49	75	.395	20.5

Yesterday's AL results

Detroit 8 Cleveland 1
N.Y. Yankees 10 Seattle 0
Texas 6 Baltimore 4
Boston 5 Toronto 0
Kansas City 3 Chicago White Sox 2 (10 ings)
Tampa Bay 3 Oakland 2
Minnesota 4 L.A. Angels 0

Today's AL games

Kansas City at Detroit, 7:05 p.m.
N.Y. Yankees at Toronto, 7:07 p.m.
Seattle at Boston, 7:10 p.m.
Minnesota at Texas, 8:05 p.m.
Tampa Bay at L.A. Angels, 10:05 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	73	51	.589	-
PHILADELPHIA	70	53	.569	2.5
FLORIDA	62	61	.504	10.5
NEW YORK	62	62	.500	11
WASHINGTON	53	71	.427	20

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	72	52	.581	-
ST. LOUIS	67	54	.554	3.5
MILWAUKEE	59	65	.476	13
HOUSTON	54	69	.439	17.5
CHICAGO	51	74	.408	21.5
PITTSBURGH	41	83	.331	31

NL WEST

	W	L	Pct	GB
SAN DIEGO	74	49	.602	-
SAN FRANCISCO	69	56	.552	6
COLORADO	63	60	.512	11
LOS ANGELES	63	62	.504	12
ARIZONA	49	76	.392	26

Yesterday's NL results

Atlanta 16 Chicago Cubs 5
Cincinnati 5 L.A. Dodgers 2
Colorado 1 Arizona 0
Houston 2 Florida 1
Philadelphia 6 Washington 0
Pittsburgh 2 N.Y. Mets 1
San Diego 7 Milwaukee 3
St. Louis 9 San Francisco 0

Today's NL games

Chicago Cubs at Washington, 7:05 p.m.
Houston at Philadelphia, 7:05 p.m.
St. Louis at Pittsburgh, 7:05 p.m.
Atlanta at Colorado, 8:40 p.m.
Cincinnati at San Francisco, 10:15 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
MONTREAL	8	6	2	0	269	193	12
TORONTO	8	5	3	0	191	215	10
HAMILTON	8	4	4	0	201	215	8
WINNIPEG	8	2	6	0	224	244	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
CALGARY	7	6	1	0	223	142	12
SASK.	7	5	2	0	235	196	10
EDMONTON	7	1	6	0	145	239	2
B.C.	7	1	6	0	135	179	2

Friday's result

Hamilton 16 Toronto 12

MLS

EASTERN CONFERENCE

	GP	W	L	T	PF	PA	Pt
COLUMBUS	21	12	5	4	31	20	40
NEW YORK	21	10	7	4	25	23	34
TORONTO FC	20	7	8	5	22	25	26
CHICAGO	18	6	6	6	26	26	24
KANSAS CITY	20	6	9	5	19	23	23
N. ENGLAND	20	6	11	3	20	33	21
PHILA.	20	4	11	5	23	36	17
D.C. UNITED	21	4	14	3	15	35	15

WESTERN CONFERENCE

	GP	W	L	T	PF	PA	Pt
LOS ANGELES	21	13	4	4	32	14	43
SALT LAKE	21	11	4	6	36	16	39
FC DALLAS	20	9	2	9	28	17	36
SAN JOSE	19	8	6	5	22	20	29
SEATTLE	21	8	8	5	23	25	29
COLORADO	20	7	6	7	22	21	28
HOUSTON	21	6	10	5	27	33	23
CHIVAS USA	20	5	11	4	22	26	19

Yesterday's result

D.C. United 2 Philadelphia 0

Saturday's TFC result

New York 4 Toronto FC 1

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Aug. 23

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PREMIER LEAGUE

Man U held 2-2 by Fulham

Brede Hangeland headed a late equalizer soon after scoring an own goal to secure Fulham a 2-2 draw against Manchester United in the Premier League yesterday, and Andy Carroll scored a hat trick in Newcastle's 6-0 hammering of Aston Villa.

United failed to keep pace with expected title rival Chelsea, which is top after beating Wigan 6-0 away Saturday to follow on from its thrashing of West Brom by the same score on the opening weekend.

Chelsea is the only side with two wins from its opening two games, and is two points clear of six teams. Earlier, Newcastle became the third team to record a 6-0 win this weekend by taking advantage of some woeful defending by Villa.

THE ASSOCIATED PRESS

Dodgers trade for Barajas

The Los Angeles Dodgers acquired Rod Barajas from the New York Mets yesterday for cash in an effort to bolster their catching corps.

The 34-year-old Barajas, who is from Ontario, Calif., hit .225 with 12 homers and 34 RBIs in 74 games with New York this year. THE ASSOCIATED PRESS

U.S. edges Spain in warmup

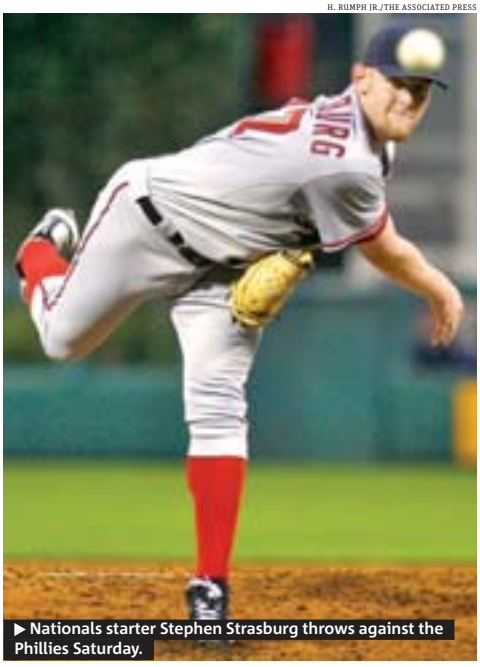
Kevin Durant scored 25 points and made two crucial late blocks to help the United States beat Spain 86-85 yesterday in a warmup game for the world championship.

The United States rallied after Spain took a one-point lead with 27 seconds left.

THE ASSOCIATED PRESS

Strasburg's golden arm has Nationals anxious

H. RUMPH JR./THE ASSOCIATED PRESS



▶ Nationals starter Stephen Strasburg throws against the Phillies Saturday.

◗ Team awaiting MRI results on pitcher ◗ Will likely miss next start

Stephen Strasburg's right arm has the Nationals on edge again.

Washington general manager Mike Rizzo said the team will wait for results of an MRI exam on Strasburg before deciding what to do with their injured ace right-hander.

Strasburg strained a tendon in his right forearm in Saturday night's start against the Phillies. Rizzo said Strasburg went through his normal post-start workout yesterday that included some light tossing, and he hoped to have the MRI results by last night. Manager Jim Riggleman said it was "probably safe to say" Strasburg would miss his next start.

Rizzo wasn't so definite and insisted there would be no decision until the MRI exam was done.

Strasburg stats

- The right-hander is 5-3 with a 2.91 ERA and 92 strikeouts in 68 innings.

"The doctor might say, 'Don't pick up the ball,'" Riggleman said. "The doctor might say, 'Hey, this looks fine. This is typical pitching stuff, go get 'em.' But I doubt it."

Rizzo called any reports that the Nationals had already decided to shut down Strasburg for the season "inaccurate." The GM said Strasburg told him he had this type of injury in college and pitched through it.

Strasburg changed into street clothes before yesterday's game and left for his exam in Washington without talking to reporters.

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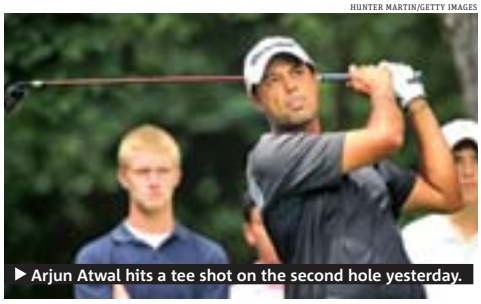

▶ Arjun Atwal hits a tee shot on the second hole yesterday.

Atwal makes history

Golfer becomes first Indian-born player to win on PGA Tour

Arjun Atwal won the Wyndham Championship by one stroke yesterday, becoming the first Monday qualifier to win on the PGA Tour in 24 years.

Atwal, who led or shared the lead after each of the first three rounds, shot a 67 in the final round.

He finished at 20-under 260 and earned $918,000 US.

He's the first Indian-born player to win on tour and the first to win both the qualifier and the tournament that follows since Fred Wadsworth at the 1986 Southern Open.

David Toms, 64, was 19 under.

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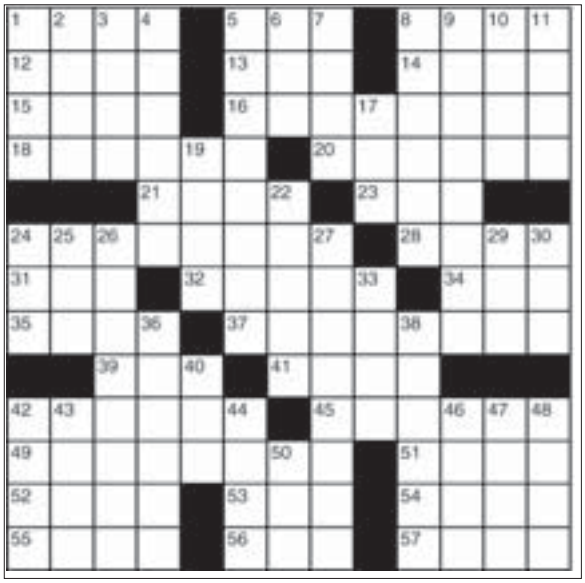

Across

1 Potato
5 "Golly!"
8 Unkempt one
12 Gaelic language
13 E. Coast ocean
14 Spanish hors d'oeuvre
15 Cry
16 Subtract
18 Evergreen type
20 Marble cake patterns
21 Lighweight pith helmet
23 Before
24 Grasp
28 Break suddenly
31 Eggs
32 Wicker-work willow
34 Bookkeeper (Abbr.)
35 Longings
37 Pay attention
39 "Krazy —"
41 Comic Carvey
42 9-Down's territory
45 Garden intruder
49 Assume control
51 Father (Fr.)
52 State with certainty
53 A Gershwin brother
54 Ireland
55 Conks out
56 Water barrier
57 Require

Down

1 Stitches
2 Get ready, for short
3 Addict
4 Appoint as one's agent
5 Fence feature
6 Greek vowel
7 B.P.O.E. members
8 Flight between floors
9 Noted WWI British officer
10 October birthstone
11 Howls at the moon
17 Lamb's dam
19 Silver salmon
22 Homeric epic
24 Plaything
25 "Hail!"
26 Illinois city
27 About 1/3 ounce
29 Mimic
30 Cushion
33 Former Attorney General Janet
36 Tools for duels
38 Occur
40 Uncle (Sp.)
42 Slightly
43 Sitarist Shankar
44 Eager
46 Present
47 A Great Lake
48 Tear in two
50 Historic time

▶ Yesterday's answer

Sudoku

	4		6		8			2
				3		9		6
				1		4	8	
	1						5	4
			3		5			
8	6						7	
	8	2		5				
1		3		4				
9			2		7		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	3	6	1	5	4	7	9	8
9	1	5	8	2	7	3	6	4
8	4	7	6	3	9	1	5	2
4	5	1	3	7	8	6	2	9
3	9	8	2	4	6	5	7	1
6	7	2	5	9	1	4	8	3
5	8	4	7	1	2	9	3	6
1	2	3	9	6	5	8	4	7
7	6	9	4	8	3	2	1	5

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Aaron, You are the love of my life. I just want to thank you for being there for me through thick and thin. You are my life, my world, and my everything! I love you babe! **LOVE ROB**

I miss my school and lots of friends. But my friend will be attending my school this year, so I'm looking forward to it! All of my friends out there, THIS MEANS YOU!!! :) LOHL!

Said, thank you so much for everything. I don't have enough words to say how much I thank you and love you. Please be happy!
XOXOXO JAPONESITA

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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♈ Aries March 21-April 20 Changing times mean changing attitudes and changing ways of doing things and the Sun's change of signs symbolizes your need to change the habits of a lifetime.

♉ Taurus April 21-May 21 One of the busiest and most enjoyable times of the year starts for you today, and it will be more enjoyable still if you have a specific objective in mind.

♊ Gemini May 22-June 21 You may at times feel out of touch with what is going on around you but there is no need to worry – you're not missing much. Go your own way and do your own thing.

♋ Cancer June 22-July 22 The Sun's transit of one of the more inquisitive angles of your chart makes you question everything you see and hear.

♌ Leo July 23-Aug.23 Cosmic activity in and around the area of your chart that governs what you own and what you earn means there is a lot at stake financially at the moment. Do whatever it takes to maximize profits and minimize losses.

♍ Virgo Aug. 24- Sept. 22 The Sun joins Mercury, your ruler, in your birth sign today, making this the ideal time to start something new. However, as Mercury is currently moving retrograde you must make sure your aims are realistic.

♎ Libra Sept. 23-Oct. 23 There are a number of things you can do to make life easier for yourself. Start doing them now. The most important thing by far is to listen to, and act on, what your inner voice tells you. It knows all the answers.

♏ Scorpio Oct. 24-Nov. 22 It may feel as if everyone you meet is in some way against you but it isn't true. Nevertheless, the feeling will inspire you to try even harder and prove your critics wrong. You'll enjoy saying "I told you so."

♐ Sagittarius Nov. 23-Dec. 21 You may say you don't care what other people think of you, but deep down you care very much, and you will care even more as the Sun crosses the midheaven angle of your chart. You'll make a big – no, huge – impression today.

♑ Capricorn Dec. 22-Jan. 20 An idea that meant nothing to you yesterday will mean everything to you today and you won't be happy until you have investigated it further.

♒ Aquarius Jan. 21-Feb. 18 Generally speaking you don't spend a lot of time thinking about what makes you tick, but today you will question who you are and what you are doing in life.

♓ Pisces Feb. 19-March 20 Stop thinking about how you can get ahead of other people and start thinking about how you can move forward together.

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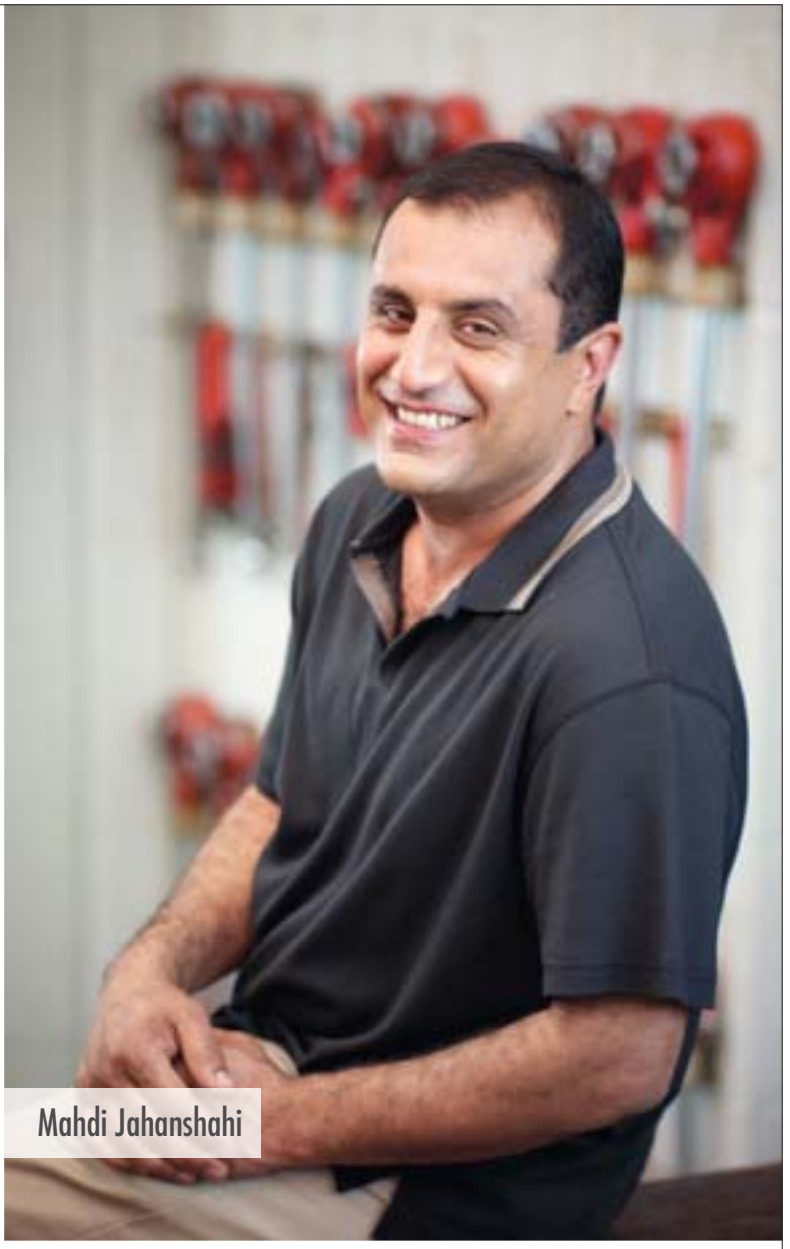

Mahdi Jahanshahi

Mahdi Jahanshahi was a mechanical engineer in Iran. When he moved to Toronto in 2004, he discovered that Canadian certification could be difficult to get. He realized that a career in the trades would get him working faster. Based on their great reputation, Mahdi decided to pursue the gas technician courses offered through Continuing Education at George Brown College. He started in the fall of 2005 and, less than a year later, had completed six courses and earned his license. Since then, Mahdi has started his own successful company. He is also planning to take another George Brown course as he works toward expanding his business.

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TUESDAY, SEPTEMBER 7	RESULTS SHOW
MONDAY, SEPTEMBER 13	PERFORMANCE SHOW
TUESDAY, SEPTEMBER 14	RESULTS SHOW
WEDNESDAY, SEPTEMBER 22	PERFORMANCE SHOW
THURSDAY, SEPTEMBER 23	RESULTS SHOW
WEDNESDAY, SEPTEMBER 29	PERFORMANCE SHOW
THURSDAY, SEPTEMBER 30	RESULTS SHOW
WEDNESDAY, OCTOBER 6	PERFORMANCE SHOW
THURSDAY, OCTOBER 7	RESULTS SHOW
WEDNESDAY, OCTOBER 13	PERFORMANCE SHOW
THURSDAY, OCTOBER 14	RESULTS SHOW
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SUNDAY, OCTOBER 24	FINALE

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